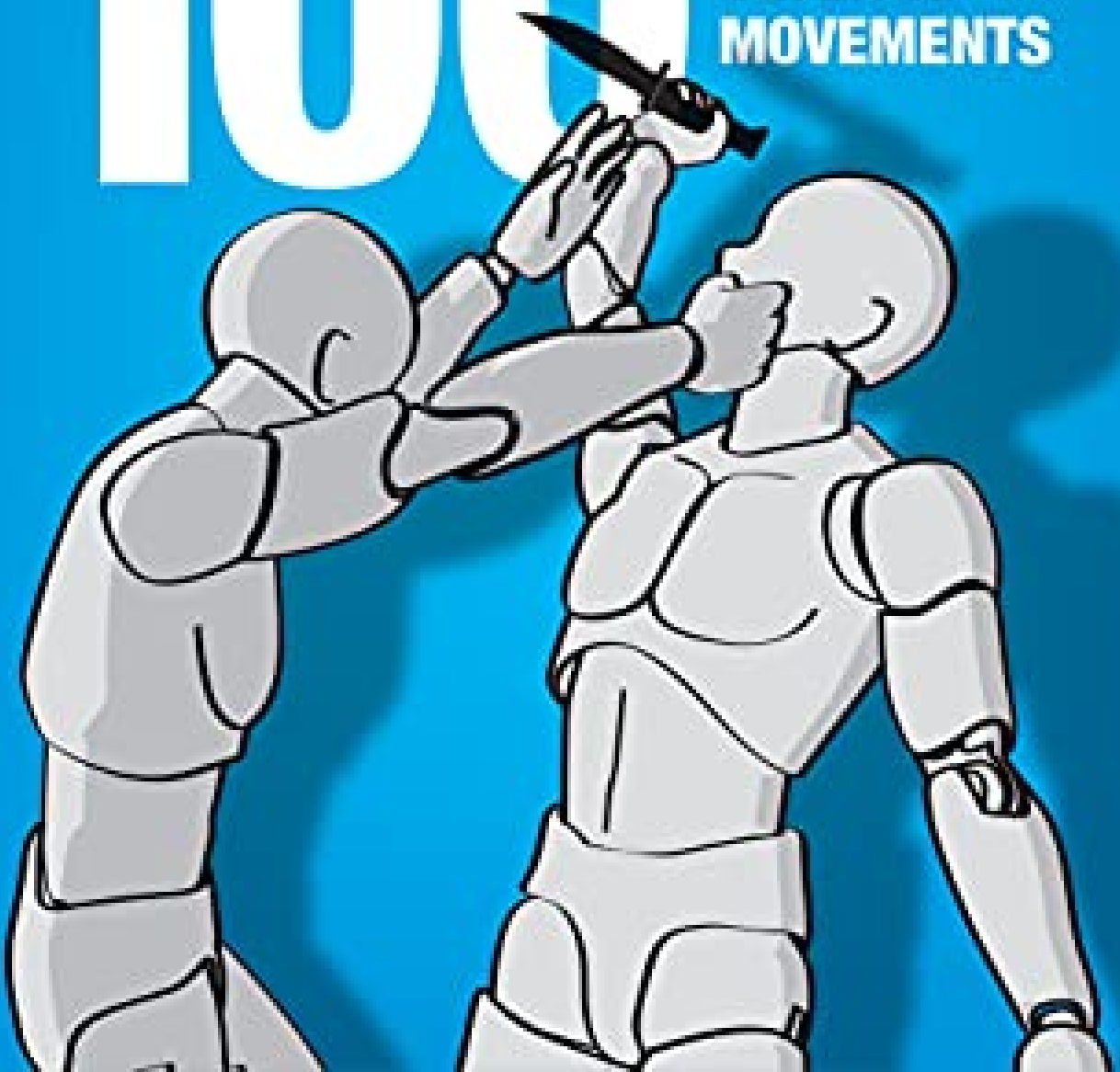
SERGIO NISENBAUM

KRAV MAGA

ISRAELI SYSTEM OF SELF-DEFENSE

100 ATTACK AND DEFENSE MOVEMENTS



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1. Krav Maga
2. Artes marciais
3. Defesa pessoal
4. Luta corporal

For questions, comments and any other information about this book, visit the author's profile on Instagram: @kravmaga_sergionisenbaum .

Dedication

This book is dedicated to my parents who have always supported me throughout my life and especially my daughters, Thais and Amanda.

Acknowledgment

I would like to thank everyone who has been responsible for my personal and professional development thus far, and I am especially grateful to my students, who have inspired me to write this book and make this dream come true.

Warning

This book is a practical guide, fully illustrated with defensive and offensive Krav Maga techniques, the Israeli self-defense; this guide will introduce you to the basics and most advanced situations. It is important to know that this is just a didactic reference and it does not replace training and practice with a trained instructor able to teach the art responsibly. The author, publisher and graphics are not, and will not be responsible for the use of the contents of this book in any way. All use of the information mentioned and illustrated must always remain to the extent permitted by law. Any use of the information in this book is at the sole risk of the user, and at the user's discretion. Any damage that may be caused as a result will be the sole responsibility of the user.

The Mission of a Krav Maga's Instructor

The mission of a Krav Maga's instructor is to prepare anyone to defend themselves against any kind of aggression regardless of physical size, gender, or age.

The Value of Krav Maga

I've seen many students change their lives completely. In our busy daily lives, sometimes we end up forgetting something very important: taking care of ourselves. As a Krav Maga instructor, I ensure each student is reminded of that. Training Krav Maga is a self-development technique which is not only limited to the mat. It is much more. It is a body and mental development, allowing for a change in perspective and ways to deal with different situations in our daily lives. Krav Maga is having the ability to defend yourself against any kind of aggression. It is being able to save your most valuable treasures, your life and the lives of your loved ones.

About the Author

Born in São Paulo, the most populated city and the financial center of Brasil, **Sergio Nisenbaum** began his Krav Maga journey in late 1999, where he was afforded the opportunity to learn the Israeli martial art in a responsible and legitimate manner. After 5 years of training, he excelled as a student and was considered a candidate for the instructor course. After a rigorous selection, which was divided into 3 stages: physical, technical, psychological, he was chosen to participate in the training course. After 400 hours consisting of theory, philosophy, and didactics of techniques, he was approved and was given the title of a Krav Maga instructor in August 2005. Since then, he has been teaching students of all ages as well as conducting different types of training designed for specific groups.

About the Art of Drawing

My interest in drawing began in my childhood and has not subsided since. After graduating college, I worked in the creative departments in various advertising agencies for over 20 years, which gave me the opportunity of gaining a new perspective in the common occurrences of our daily lives. One day, a simple sketch of one of the techniques used in Krav Maga inspired me to write a book. But how do you translate knowledge of the art of defending yourself into a book? I found the answer within another passion of mine, my love for drawing. A great desire to eternalize my technical knowledge of Krav Maga along with my artistic and creative knowledge of advertising followed. After countless hours of inspiration and hard work devoted to creating the technical illustrations and layout of each page, the book came true.

The Creator of Krav Maga

Krav Maga was created in the 1940s by Imi Lichtenfeld and has long been considered a secret weapon of the Israeli armed forces. Imi (Imrich) Sedé Or (Lichtenfeld) was born on May 26, 1910, in Budapest, and grew up in Bratislava in the Austro-Hungarian Empire. His father, who rigorously enforced discipline in their family life, was chief of the secret police and responsible for hand-to-hand combat lessons.

During his youth, Imi was passionate about sports and became a boxing and wrestling champion by the age of 18. As a natural-born leader, Imi formed resistance groups when the fascist and anti-Semitic movement began in Europe; despite being outnumbered against the attackers, he participated in street fights and successfully protected the local community.

In 1939, Imi started thinking about immigrating to the region of Israel, which was under British mandate at the time. In 1940, intending to put his plan into action, he boarded a boat with hundreds of people living in precarious conditions. On the vessel, called Pentcho, Imi acted like a true hero, rescuing everything and everyone falling overboard, but his heroic actions almost cost his life, as the accumulation of liquids in his ear led to extreme inflammation. After the vessel shipwrecked near Greece, Imi was rescued by the British navy in a small rowboat led by volunteers and was rushed to a hospital in Alexandria, Egypt, for an emergency surgery to control his ear infection. Upon recovering, he joined the British Armed Forces, where he served for two years.

In 1942, Imi finally arrived in Israel, where he became head of self-defense for Hagana (one of the groups fighting for independence from Israel), thus creating the future of Krav Maga.

During this time, he developed and refined the most effective, efficient, and dynamic self-defense and attack tactics using instincts. In 1948, Imi became a fitness trainer and Chief Instructor of hand-to-hand combat and self-defense for the Israel Defense Force (IDF). In 1964, he retired from the military and established his first training center for civilians in the city of Natanya. Imi passed away on January 9, 1998, at the age of 87.

The world has lost a great man, who changed the perspective of life, thought, peace, loyalty, and respect.

What is Krav Maga?

Krav Maga ("contact combat" in Hebrew) is a military self-defense system created in Israel in the 1940's. For a long time, it was considered a secret weapon of the Israeli armed forces.

Krav Maga's goal is to respond quickly and objectively to any type of aggression, coming from anywhere or anyone, regardless of your sex, age, or physical condition.

Krav Maga was created in a simple manner free from rules and competition, using natural movements that aim to reach sensitive and vital points in the aggressor's body, eliminating the necessity for the use of brute force. This principle is based on two fundamental points: weight transfer and explosion force, as the result of this combination is much more potent than muscle strength.

Weight transfer means moving your body weight towards the aggressor, thus increasing the final power of the movement. Explosive force movements result from maximum power output exerted over a short distance and a minimum amount of time.

Always following the philosophy of simplicity, objectivity, and velocity – different techniques were created for each type of aggression. As not all violence is the same, every situation demands a more natural and appropriate defense.

Krav Maga combines three fundamental qualities of balance coupled in a single movement: speed, agility, and strength.

The classes are structured to simulate real-life situations, allowing the student to train in an environment that most closely resembles a real attack. Not only will the movements become an instinctive reaction, but the student will also improve their technique, emotional control, and physical conditioning, thus increasing self-confidence and self-esteem.

Krav Maga in your Daily Life

Many people ask me if I have ever had to use Krav Maga in any real-life situation, and my answer is: I use Krav Maga techniques every day. This means that learning to defend oneself goes far beyond the strikes and exercises practiced during classes. Whenever I walk the streets, I observe the general behavior of people. How they walk, what they look at, and what body signals they broadcast. Amazingly, the vast majority of people are not aware of what happens around them.

Here are some examples of situations that I have witnessed and observe daily: on one occasion, I saw a lady who had left a drugstore and was looking for her car key in the bag she was holding; at that moment she was completely vulnerable, as she was focused on finding the key to unlock her car. I passed by her in the same way that a potential attacker might have done, and she didn't even notice my presence. The right thing for her to have done would have been to have her car key as she left the store while observing the movements of the people in the area between the establishment and the parking lot.

Another example: I have seen people who attempt to remotely unlock the doors of their cars from a great distance, this is a serious mistake that signals that the owner of the vehicle is approaching. The correct thing is to unlock the car only when you are at the side of the vehicle and after having made a visual check of the people in the surrounding area; and after getting in the car, you must lock the doors and leave immediately. Another very common situation happens when people walk using earphones or while talking and texting on their cell phones; they seem to walk on "autopilot". Other people simply walk looking at the ground or are completely distracted.

That's what I mean when I say that I use Krav Maga daily. Being aware of what is going on around you can prevent many problems. Awareness is part of each person's personal development during training. It is not enough to just learn the technique correctly; it is also necessary to develop the mental skills to think fast enough to make the right decisions. Sometimes, a simple look can inhibit an action against you.

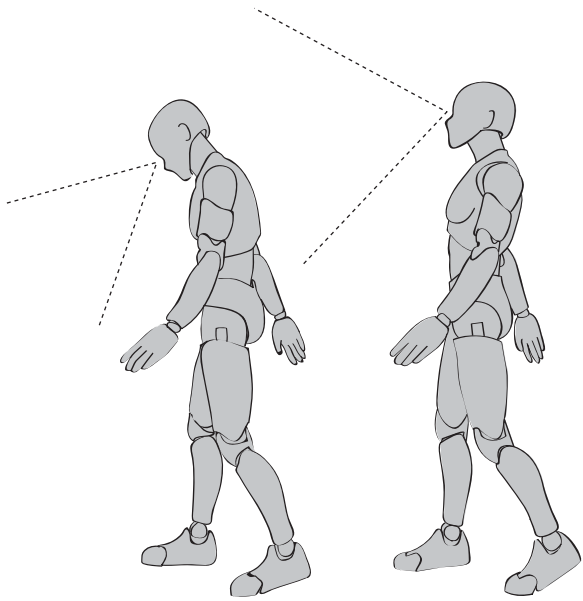
Prevention is part of everyone's safety. Walking on the streets attentively means being aware of the environment you are in, which helps to identify what may represent a danger or a threat. Small preventive security measures can put an end to unpleasant surprises. When walking on the streets, one should

always look ahead and be aware; wearing earphones, talking on a cell phone, or texting a message while walking dramatically decreases your attention span. The best way to use Krav Maga starts with knowing how to avoid a dangerous situation.

Situational Awareness

Our social life imposes some behavioral patterns that we must follow according to the situation, and we use these patterns to behave in a way that is ideal and appropriate for each circumstance. What I mean is that you likely behave in a certain way among family members and in a different way while with your friends. At work, you act one way, and in other social or external situations, you may behave differently.

Each environment can influence or demand a form or pattern of coexistence and posture. You can have a good professional position and be very confident at work, while at the same time you may walk the streets feeling afraid and insecure, which means that your body language can change dramatically from one situation to the next. A body language that communicates vulnerability broadcasts visible signals, like when walking with the body bending forward, drooping shoulders, and looking to the ground; the same is true for gestures of restlessness, fear of eye contact, etc.



Regardless of the environment or the situation, Krav Maga also prepares you to face the small as well as the big problems and challenges of life. We all face difficulties, but the way you deal with the difficulty is what makes the difference.

When I talk about body language, emotional factors are very influential and that is exactly where Krav Maga comes in. The way your body reacts can signal many things. Knowing how to defend yourself transforms anyone's life, and the challenges, obstacles, and personal growth that occur during training on the mat are reflected in a substantial increase in self-esteem, which translates to direct benefits and changes in physical and mental behavior. The way you walk changes and the way you deal with problems and daily conflicts become different too. Your body language is thus able to broadcast signals of greater self-confidence.

As an illustrative example, think about how animals behave. In the African savannah, where we can commonly find iconic predators, you can easily identify the body language of these animals. Think, for example, of the image of a lion with its intimidating posture and motion, always attentive and alert to any movement and ready for confrontation. Even smaller predators instinctively have defense mechanisms that rely on their permanent alertness and readiness to defend themselves against the attack of other animals while they display aggressive and intimidating body language that often inhibits would-be attackers.
This is precisely the point, when you add the technical knowledge of Krav Maga to high self-esteem and high self-confidence, your body language naturally broadcasts signals of those traits. Do a self-assessment now.

What is your posture when you are outdoors? Do you feel insecure, look scared and make yourself small, or do you walk upright, sure of yourself and feeling that you are ready and prepared to face anything?

Recognizing and Dealing with Fear

Fear is natural and is part of the defense and self-preservation mechanism of human beings. We must, however, know how to differentiate between anxiety and fear, and in this case, I'm not talking about the "fear" in the face of an important exam that is coming or that long-awaited job interview. I am referring to the fear of facing a real situation of danger and violence. At that time, each person reacts differently.
These are some of the most common reactions people have: they become completely paralyzed, they sweat, they cannot see anything around them, they become deaf, experiencing difficulty breathing and a racing heart.

Knowing how to recognize and understand that these effects are beneficial for the body in a moment of danger is very important for self-defense.

All of these signals indicate that adrenaline is being released into the bloodstream and that the body is absorbing it to face a situation of stress or danger. This indicates that the body's defense system and survival instincts have been switched to maximum gear. You become the one who controls the fear and you do not allow the fear to control your body and emotions. Your senses become much sharper and you are ready to either flee or react. Breathing rate increases and your attention and reaction capacity are much faster, your muscles are tense and your three times as strong, and even the sensitivity to pain decreases. It is as if, for a few moments, you had superpowers.

Having technical knowledge in addition to mental preparation and still being able to recognize and manage the effects of fear while knowing how to use adrenaline in your favor is the perfect combination for a Krav Maga practitioner.

The term “opponent” is used to refer to the one who attacks, describing the aggressor.

Sergio Nisenbaum

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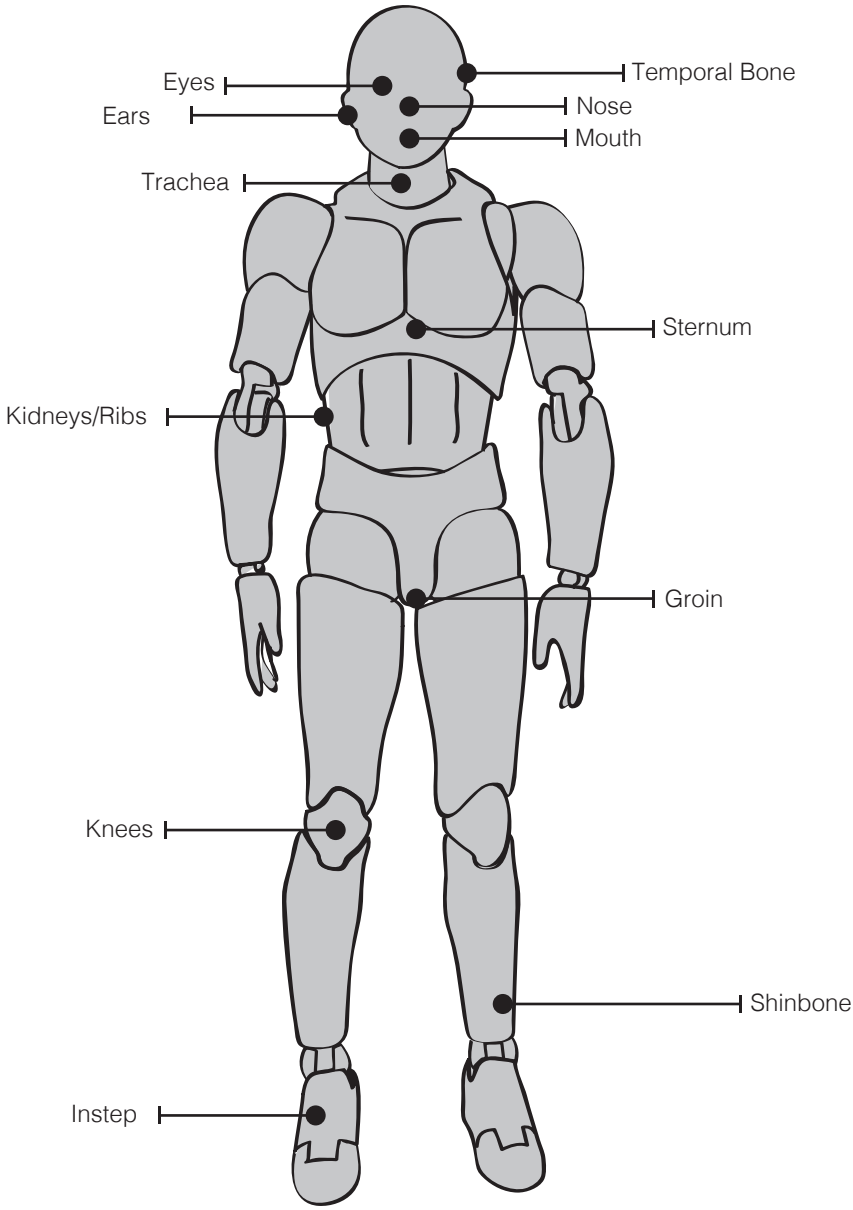
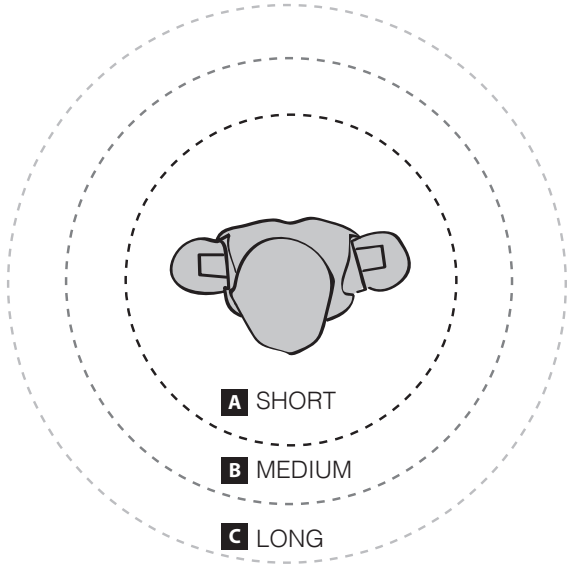
Sensitive and Vital Points

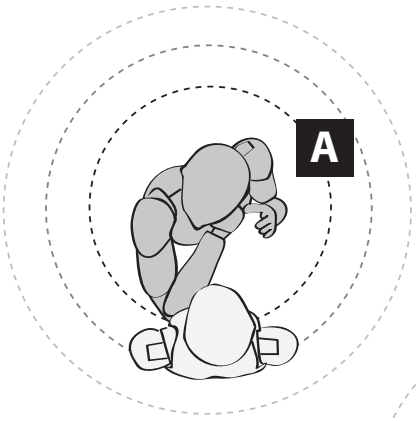


A well-executed defense, combined with an attack that hits a sensitive and vital point, can immediately neutralize an opponent. In Krav Maga, any defense and attack movement have the aim of hitting one of these points.

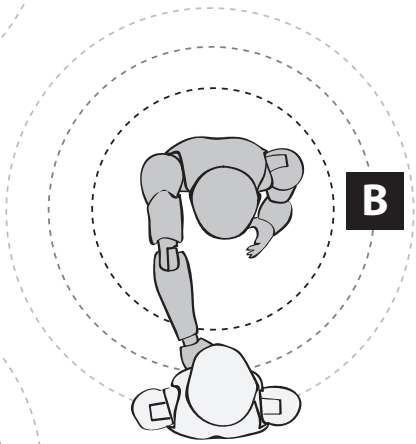
Safety Perimeters

The Safety Perimeter is a natural distance that we keep when we get closer to somebody, or when somebody gets closer to us. In Krav Maga the safety perimeter is divided in three parts: short, medium and long distance.

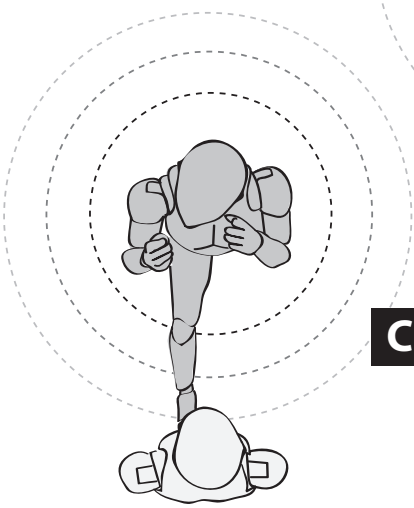




At short distances, we use strikes such as: Elbow Strikes, Hammer Strike Forward, Knee Strikes, etc.



At medium distances, we use strikes such as: Boxing Strike, Knife-hand Strike, Hammer Strikes, Kick Strikes, etc.



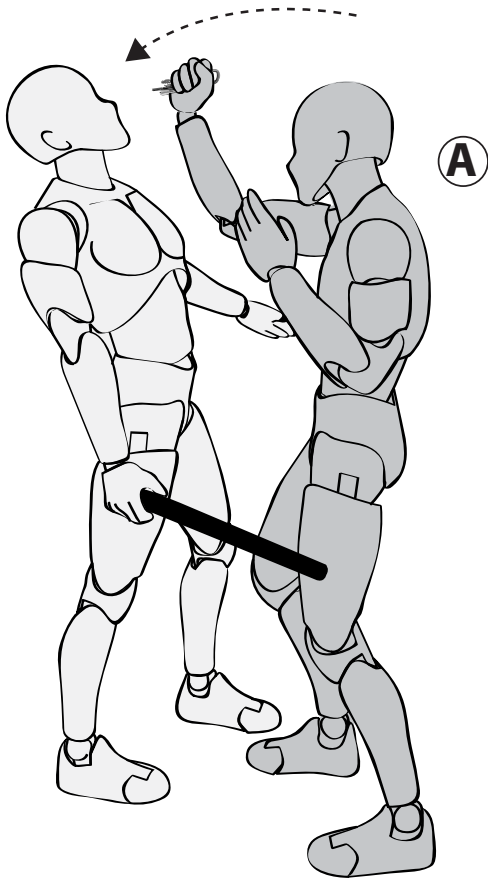
At long distances, we use strikes such as: Kick Strikes and others in which our body moves towards the target.

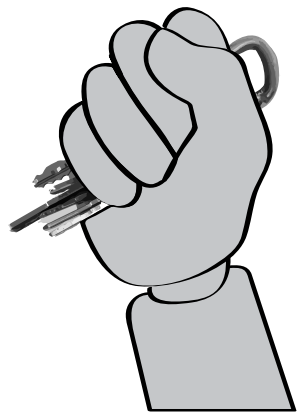
Common Objects

It is possible to identify a multitude of objects that can be used in self-defense and can be found in all types of situations. A common object can be considered anything that is within your reach or with you. They could be, for example, a bunch of keys, a pen, a backpack, a purse, a cell phone, and even a chair. When we walk through the streets, we can find useful objects, such as parts coming off a sidewalk or stones and even pieces of logs, etc. In your home, for example, pots, bottles, decorative objects, etc. can also be used, there are also objects specifically manufactured for self-defense, such as tactical pens among others, but it is always necessary to check if they are permitted by the laws in your country.

When talking about the use of common objects in Krav Maga, I am referring to three situations. The first is when you use that object to attack (A); the second when you use it as a shield to defend yourself (B), and the third when this object is used to distract the opponent (C). Remember that in all these situations the object can also be used to attack and defend at the same time and must have the main function of being a part or extension of your body.

Now let's use our imagination and creativity regarding the first scenario (A). Imagine that you are holding a bunch of keys tightly in one hand. Combine that with some basic exercises, for example, those described in Krav Maga exercises as hammer strikes #14, 15, 16, or 17. Now you no longer have a simple bunch of keys in your hand, but a powerful defense and attack tool.

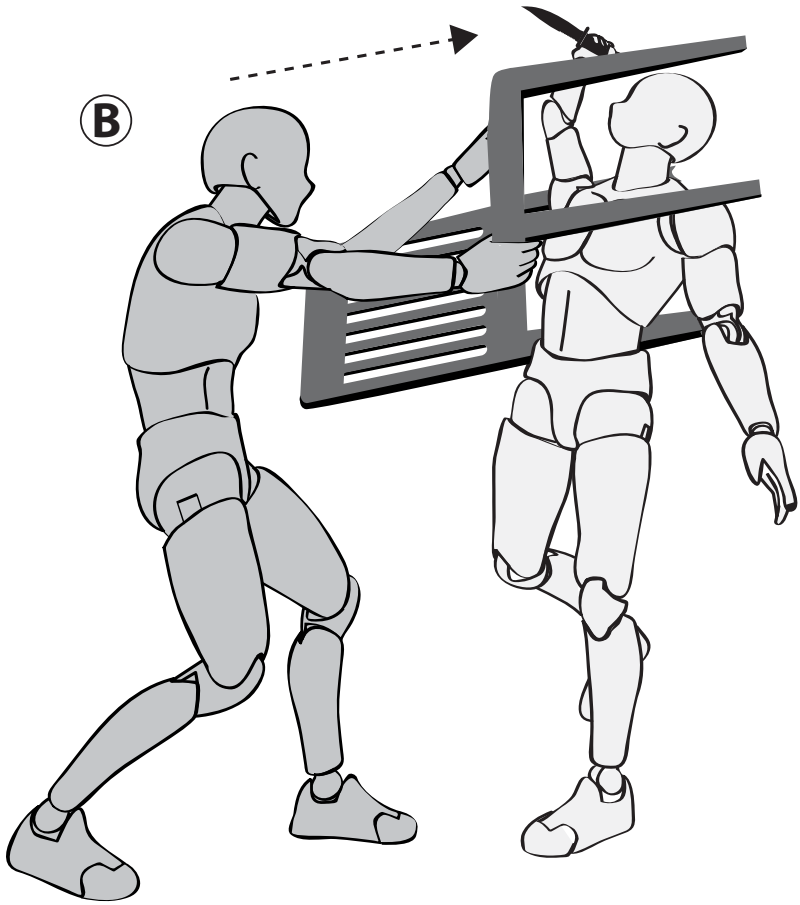




Forward hammer strike (exercise 16), using a bunch of keys.

This is the idea when using a common object, all the power of the hammer strike is now multiplied by the object in your hand, such as a bunch of keys, a tactical pen, an item of decoration, etc.

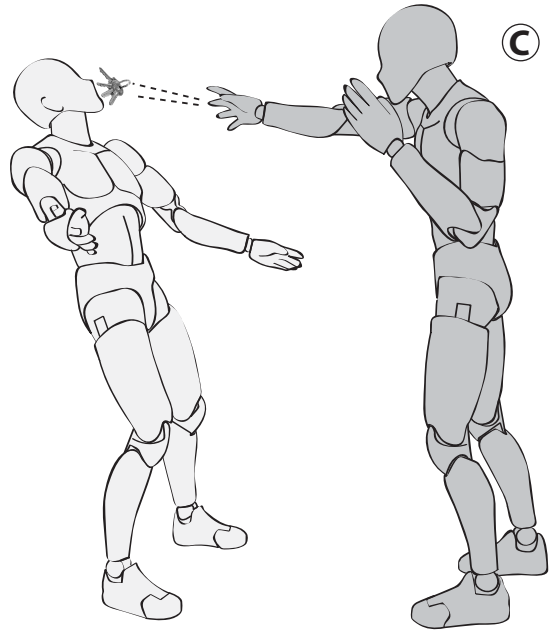
The second situation (B) is quite different because you use an object that has a much larger contact area – a purse, backpack, notebook, or even a chair, for instance – as a shield to block any type of attack, such as a kick, a punch or even a more dangerous knife attack.

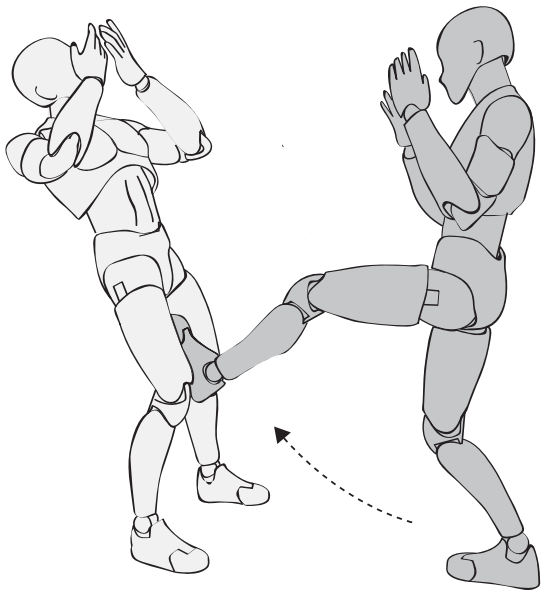


A Chair being used as a shield.

See an example in exercises 98, 99, and 100. This defense can also be combined with a sequence of strikes.

In the third situation (C), you use any object as a distraction, throwing it towards the opponent's face or simply dropping it on the floor to redirect the opponent's attention for a few seconds and buy enough time for an adequate reaction. You can take advantage of this moment to attack with hand strikes and kicks or simply to buy time to escape.

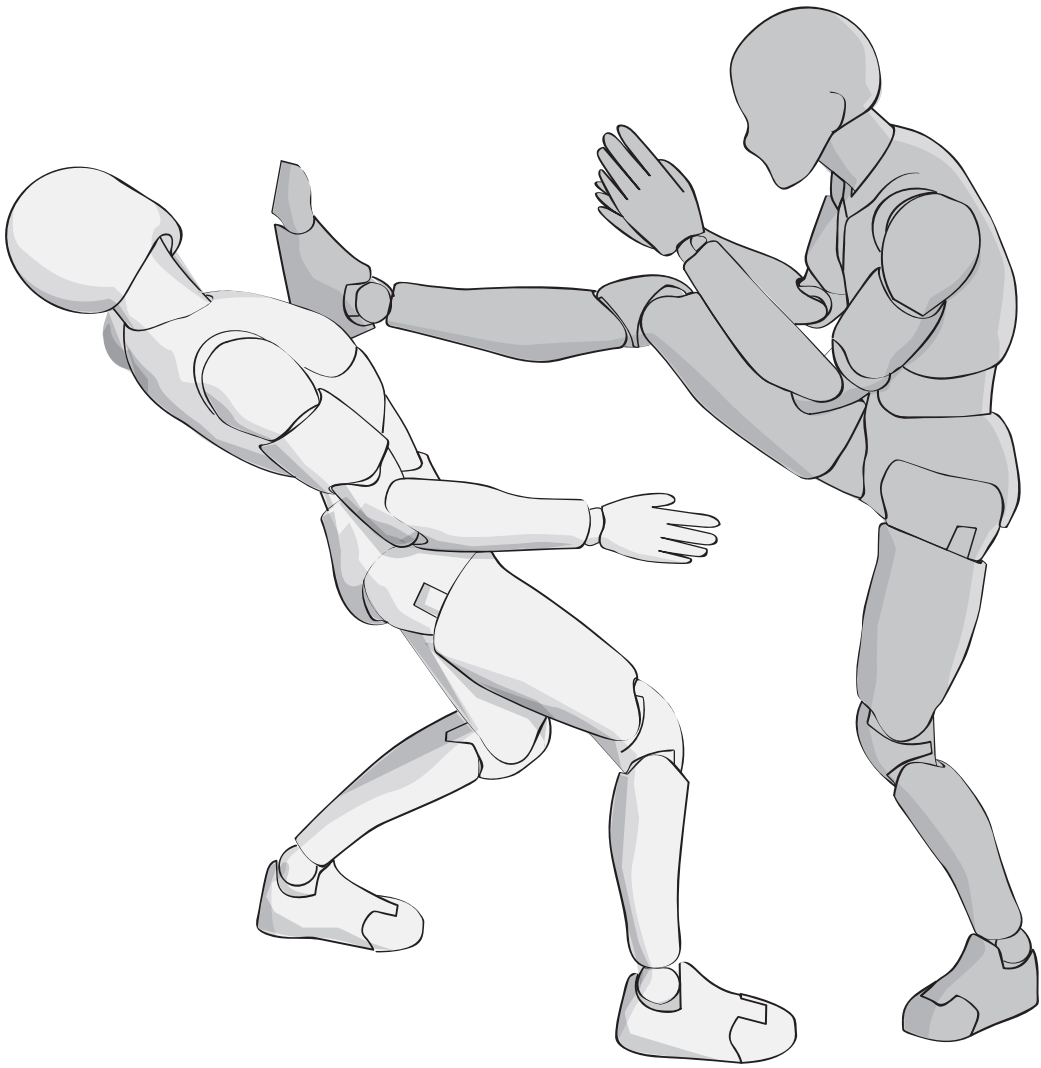




The bunch of keys was thrown at the opponent's face; then a common kick was delivered (exercise 23).

A very simple exercise that I recommend is trying to identify objects that could be useful to defend yourself. Do this in places you already know, such as your home, workplace, or in wherever you usually go for a walk. Look for useful objects and imagine how you would use each one to defend yourself in those three situations.

Sergio Nisenbaum



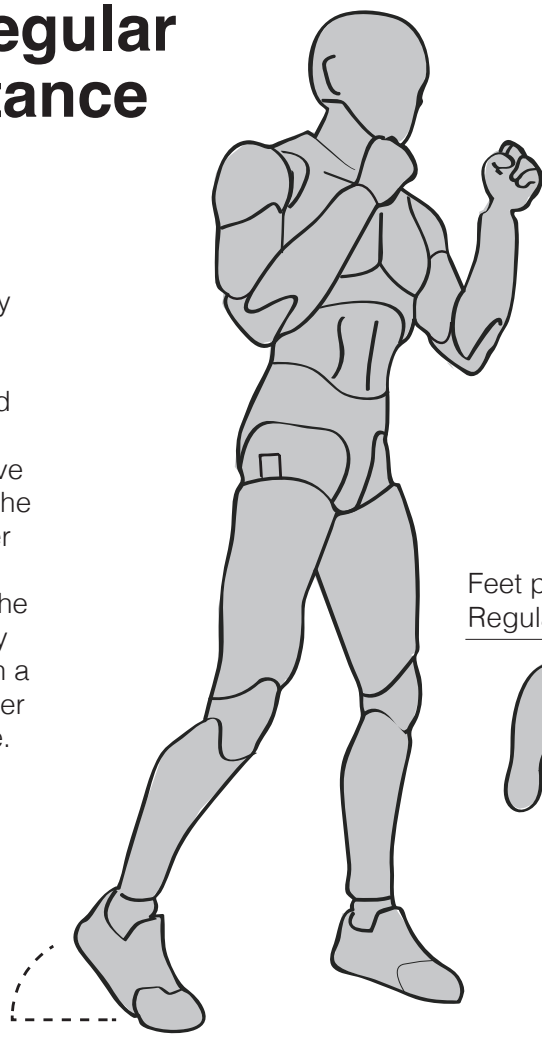
Technical Exercises

From now on, you will see the main exercises that I consider to be the cornerstones of Krav Maga techniques. These combined movements form a powerful sequence of strikes, which we call combinations and that are used for any defense situation. For example, a defense against a boxing strike, kick, or even a knife attack must be followed by sequences of combined moves, such as a hammer, boxing, and knife-hand strikes, common kicks, and other moves described below. The sequence of strikes aims to prevent the opponent from having time to deliver a second attack.

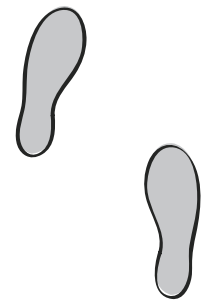
Watch some of the exercises
on my YouTube Channel
“Krav Maga Sergio Nisenbaum”

1 Regular Stance

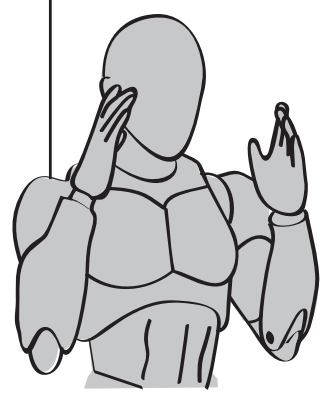
The Regular Stance is an attack stance. It is one of the several positions used in many situations. The hands must be at shoulder level, tightened up and closed. The left foot stays ahead, turned five degrees to the right. The right foot, a little further back, stays straight pointing to the front. The right heel stays slightly raised. The feet stay in a natural distance, neither too open nor too close.



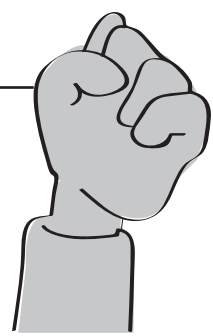
Feet position on the Regular Stance.



The Regular Stance can also be done with open hands.

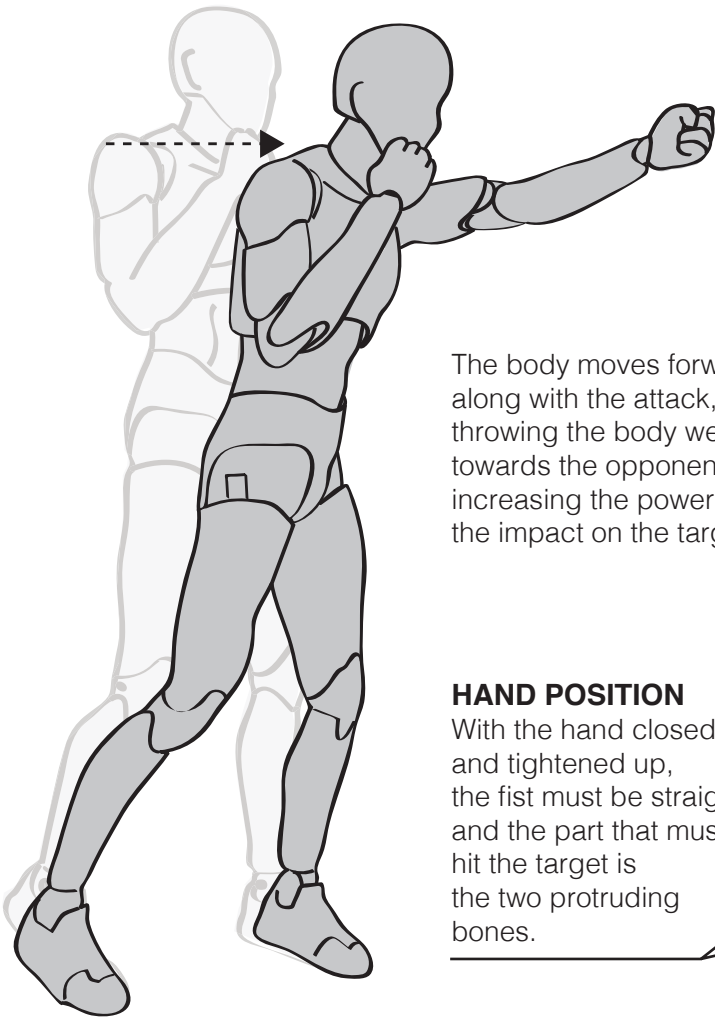


The thumb locks the fingers and keeps the hand tightly closed.



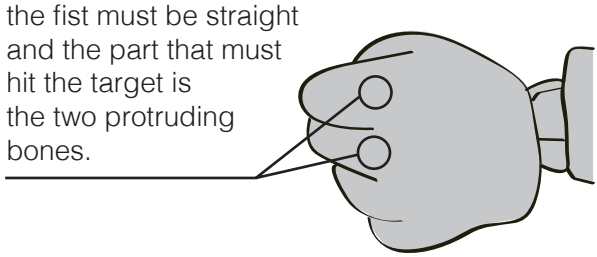
2 Left Boxing Strike

The purpose of this strike is to hit sensitive points of the aggressor's face, such as eyes, nose or mouth – this part of the face is called central mask. It is also valid to hit the central strip, which goes from one side of the face, passing through the central mask, to the other side. The movement must be short and fast, with maximum speed, in a straight line that connects the strike to the target to be hit. The body weight must go along with the movement. Once the target has been hit, the hand must return to the original position of Regular Stance.



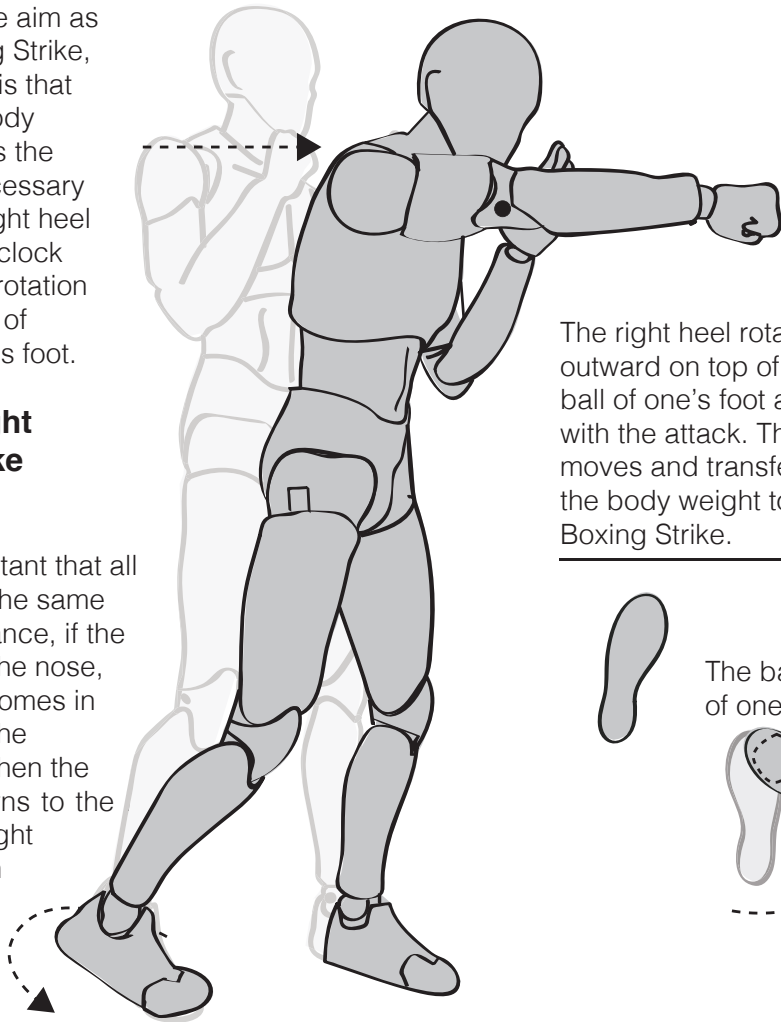
The body moves forward along with the attack, throwing the body weight towards the opponent, increasing the power of the impact on the target.

HAND POSITION
With the hand closed and tightened up, the fist must be straight and the part that must hit the target is the two protruding bones.

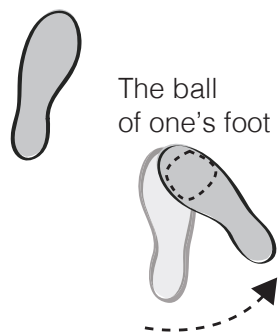


3 Right Boxing Strike

It has the same aim as the Left Boxing Strike, the difference is that to throw the body weight towards the target, it is necessary to rotate the right heel outward, (4 o' clock position). The rotation is done on top of the ball of one's foot.



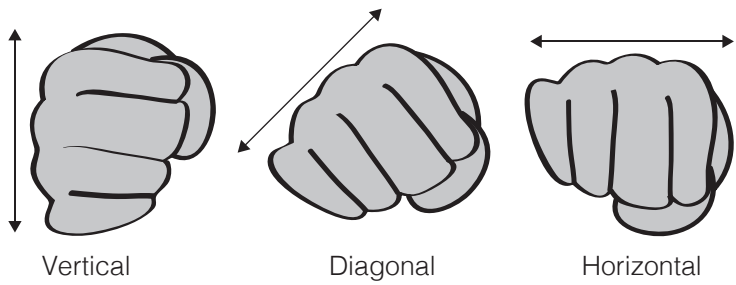
The right heel rotates outward on top of the ball of one's foot along with the attack. The hip moves and transfers the body weight to the Boxing Strike.



Left and Right Boxing Strike (2 attacks)

It is very important that all the strikes hit the same point. For instance, if the left strike hits the nose, the right one comes in sequence on the same point. When the left strike returns to the position, the right one must go in sequence immediately, and then it continues for 3, 4, 5 attacks or more.

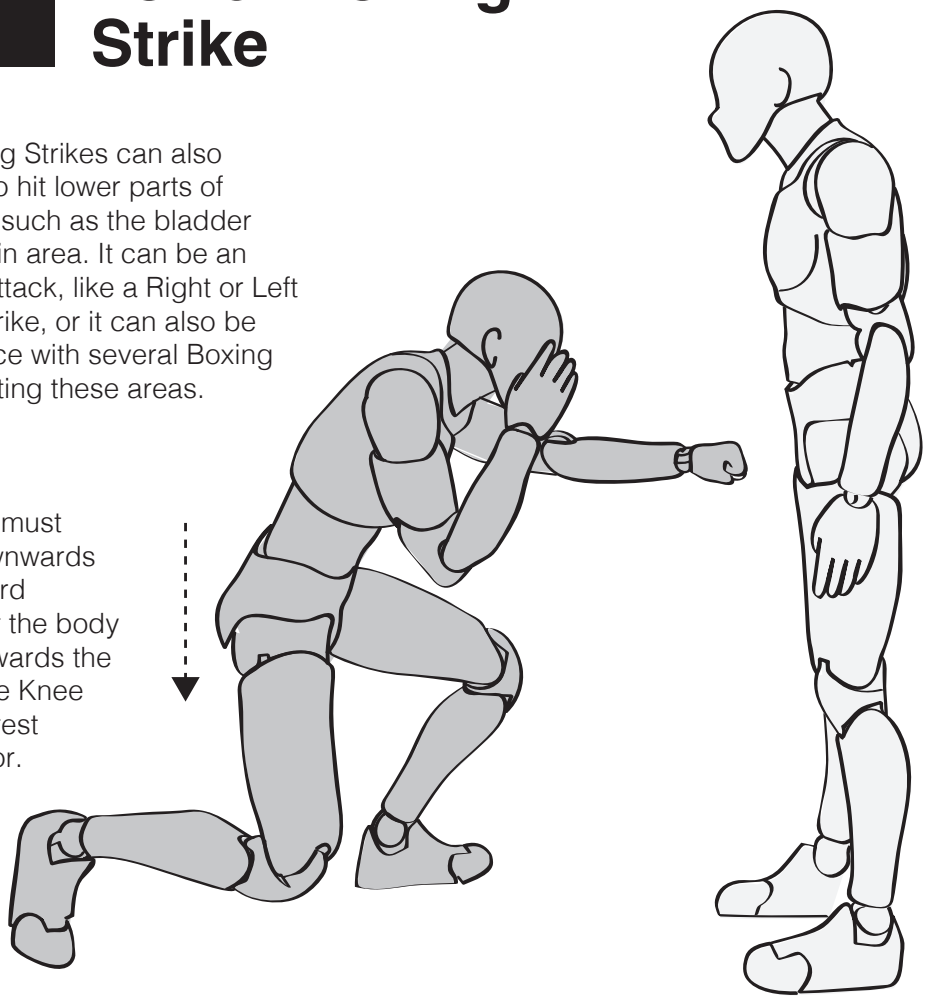
The Boxing Strike Stance is considered correct when it is between these attack angles.



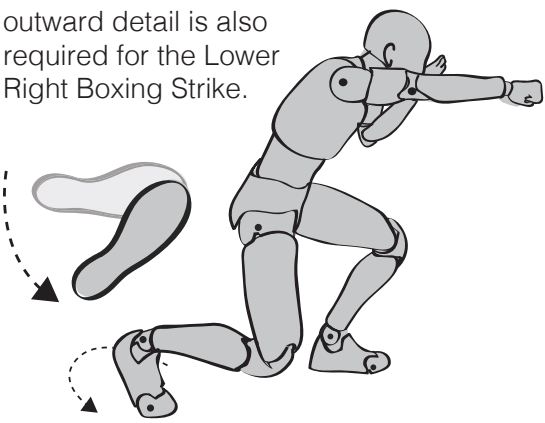
4 Lower Boxing Strike

The Boxing Strikes can also be used to hit lower parts of the body, such as the bladder or the groin area. It can be an isolated attack, like a Right or Left Boxing Strike, or it can also be a sequence with several Boxing Strikes hitting these areas.

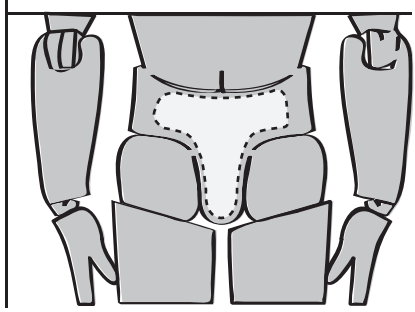
The body must move downwards and forward to transfer the body weight towards the target. The Knee does not rest on the floor.



The heel rotation outward detail is also required for the Lower Right Boxing Strike.



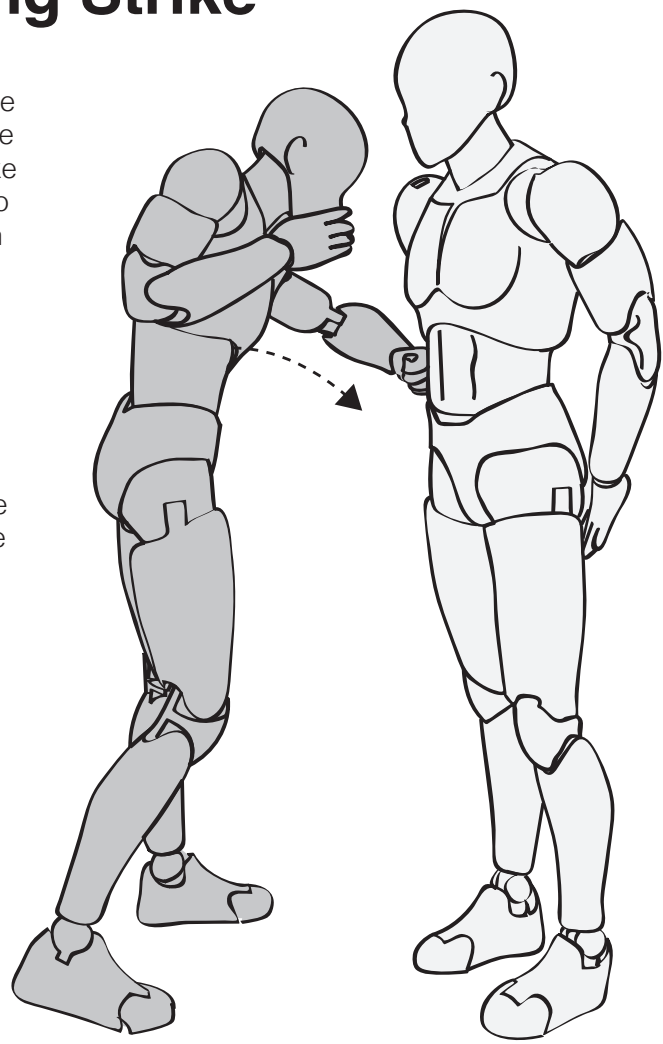
The main targets of the Lower Boxing Strikes are the bladder and the groin area.

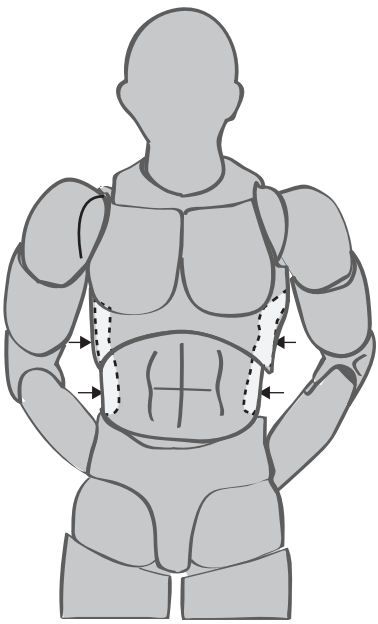


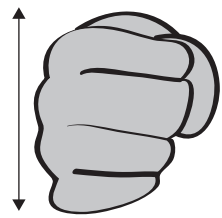
5 Lower Sickle Boxing Strike

The Lower Sickle Boxing Strike takes place at a short distance from the opponent. It is a strike that comes from the outside to hit body parts sideways, such as the waist area and ribs.

The attack must go at maximum speed, and with the intention of "breaking through" the target around the waist area and ribs. Below the ribs line, the impact is on the kidneys area.





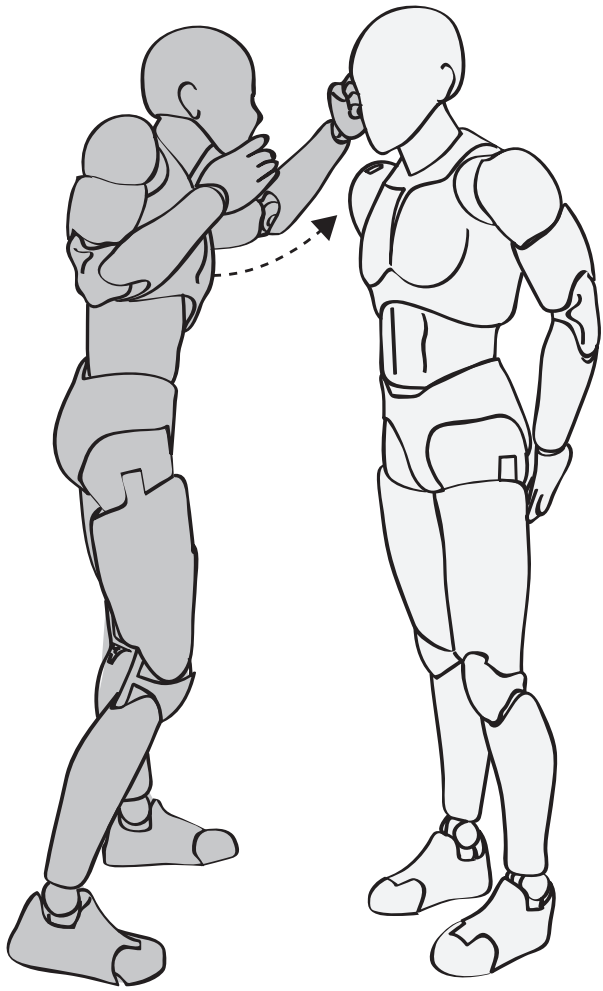


Vertical

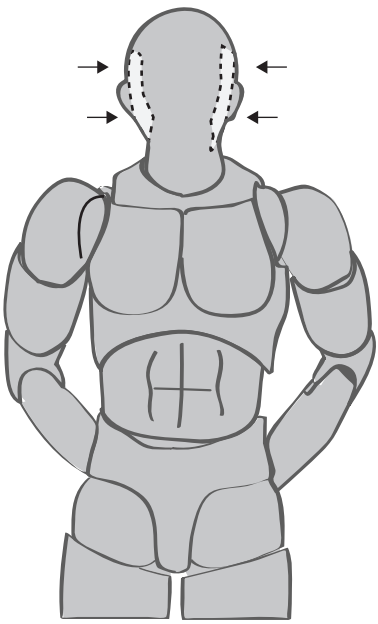
The Lower and Upper Sickle Boxing Strike positions are vertical, with hands tightly closed and without bending the fist.

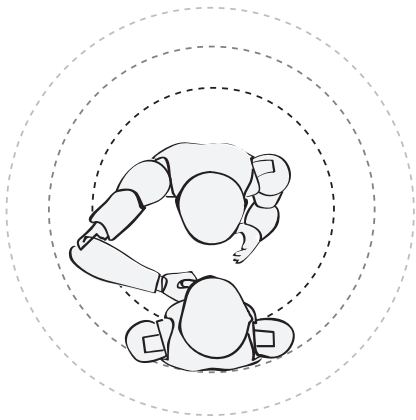
6 Upper Sickle Boxing Strike

The Upper Sickle Boxing Strike also takes place at a short distance from the opponent. It can be used as a sequence of two strikes or more. For instance: starting with one Lower Sickle Boxing Strike and in sequence goes another Upper Sickle Boxing Strike, on the same side.



The attack has the aim of hitting the temporal area or the side of the face.

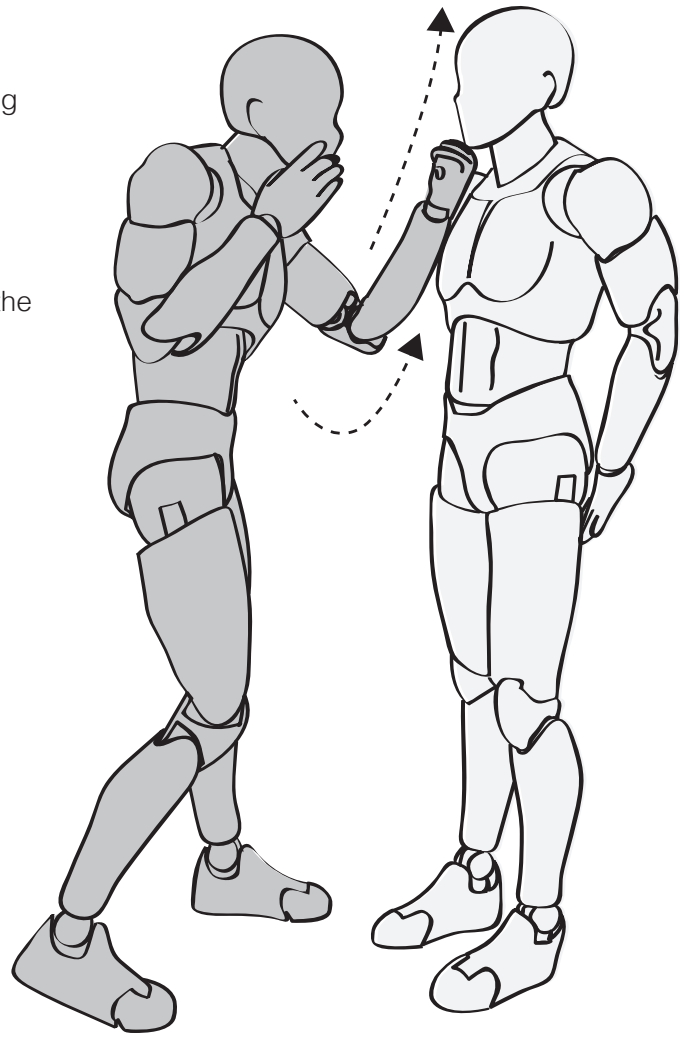


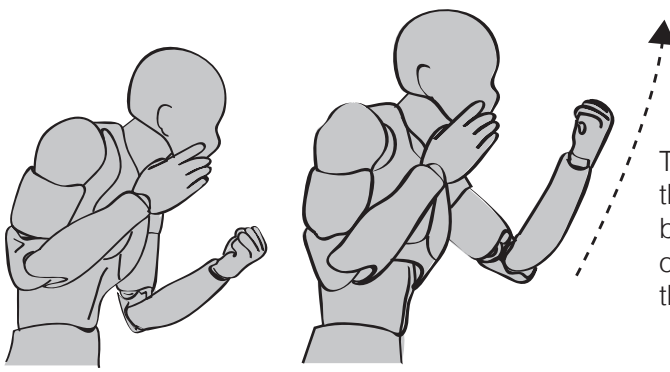


The attack comes from the outside, that is why the movement must be open to hit the side of the opponent's body.

7 Hook Boxing Strike

The Hook Boxing Strike, just like the Sickle Boxing Strike, also takes place at a short distance. It must go up towards the opponent's chin and "breaking through" the target, stopping above the head line.

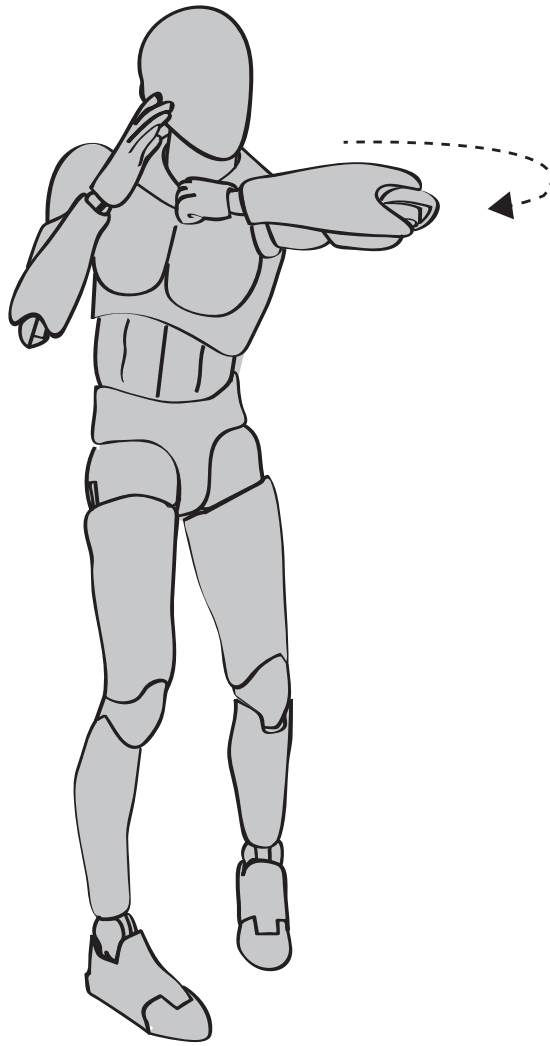


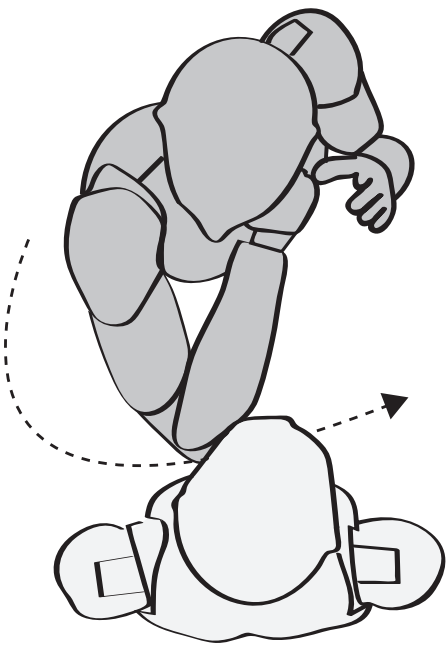


The movement is short, and the hand must not go down below the waist line. The back of the hand must be facing the opponent.

8 Elbow Strike Forward

All the Elbow Strikes are very powerful. However, they take place at a short distance, which means that the aggressor is too close. The hand must always be well tightened up and closed, the part that hits the target is the tip of the elbow.

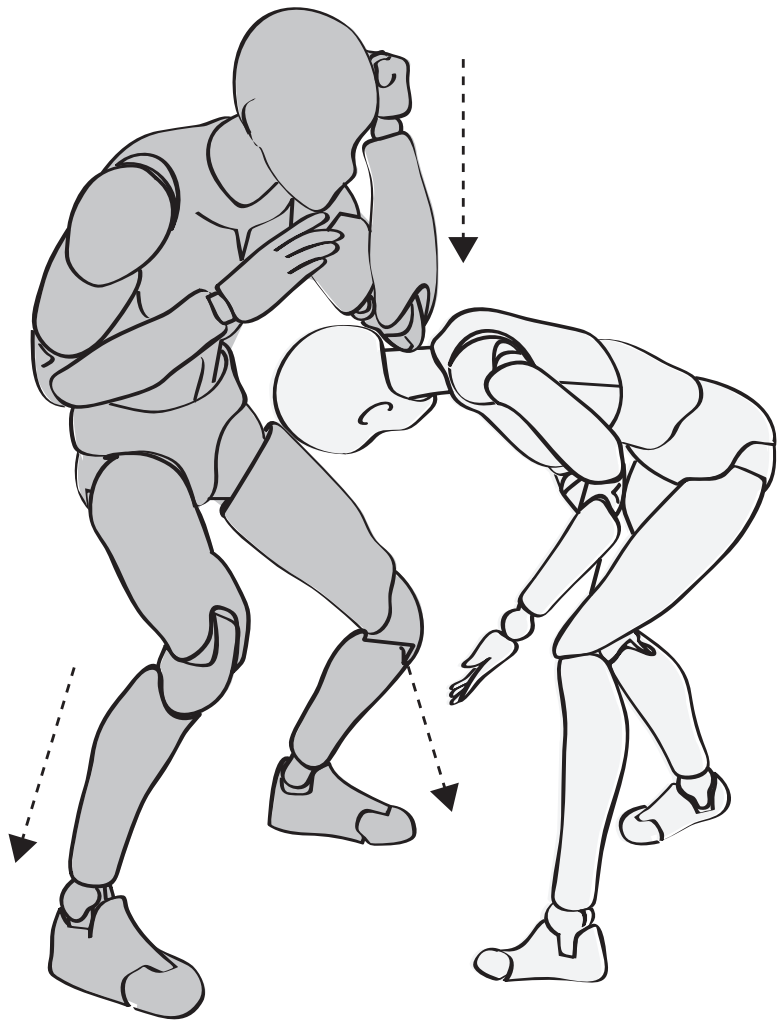




The Elbow Strike Forward is a circular movement that comes from the outside to the inside. It aims to hit the opponent's face.

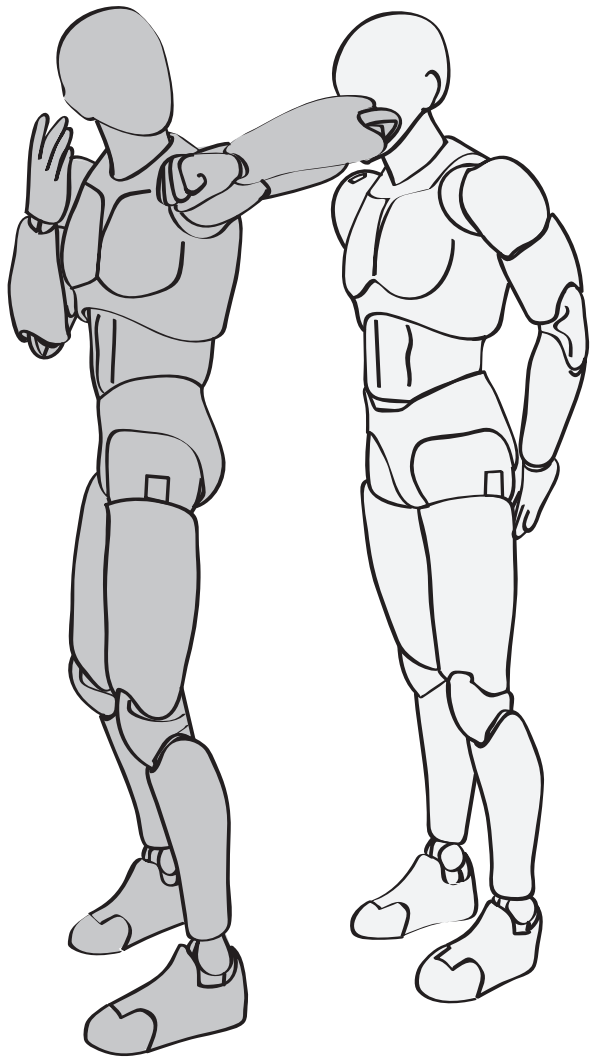
9 Elbow Strike Downwards

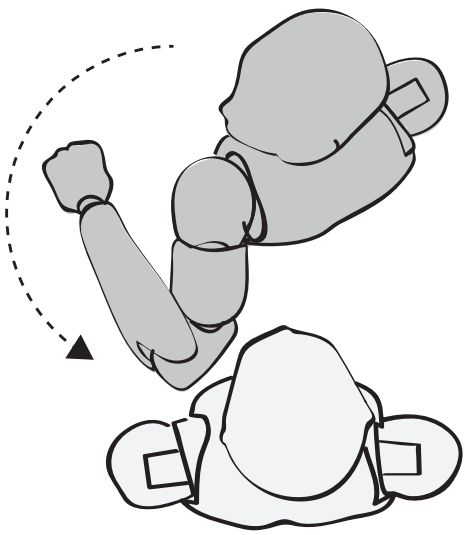
The Elbow Strike Downwards must hit the back of the opponent's neck. The movement is short, and the body weight must be transferred to the elbow. We do this by releasing the body weight downwards along with the elbow. The legs must make the downward movement tending diagonally. This strike usually takes place after some other movement, for example, an attack in the opponent's groin area with hands or knees, which result in situations where the opponent bends the body forward and downwards.



10 Elbow Strike Outward

The Elbow Strike Outward hits an opponent who is behind you at a short distance.
In this situation, it is necessary to look behind your back before starting the movement. The rule is: first you look and then you hit. That is because, in this case, the target is behind you, so the look identifies the distance the opponent is.



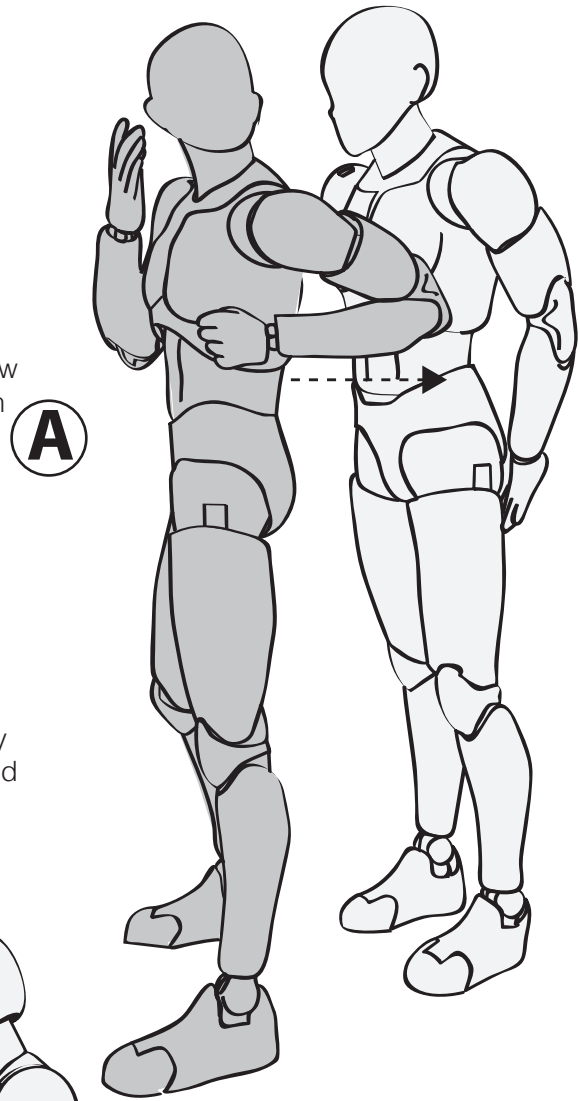


The movement is circular and comes from the outside to the inside. The heel opposite to the elbow, (which is making the movement) must rotate outward, helping to transfer the body weight to the elbow.

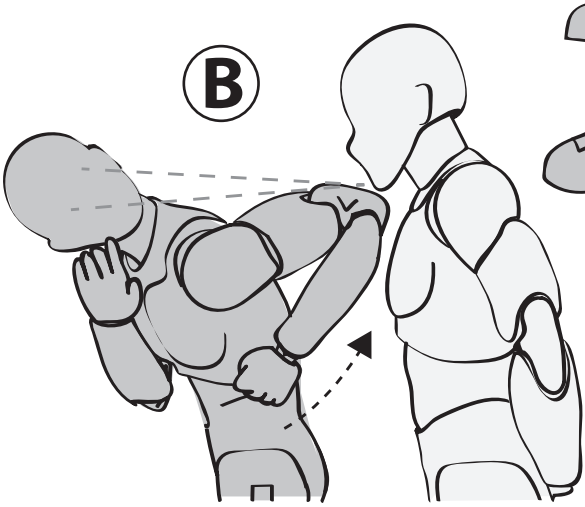
11 Elbow Strike Backwards and Upwards

The Elbow Strike Backwards and Upwards starts with a straight movement that hits the opponent's stomach (A), and finishes going up towards the chin (B).

In situation (A), the movement is a straight line that takes the elbow backwards, rubbing the forearm on your own body.



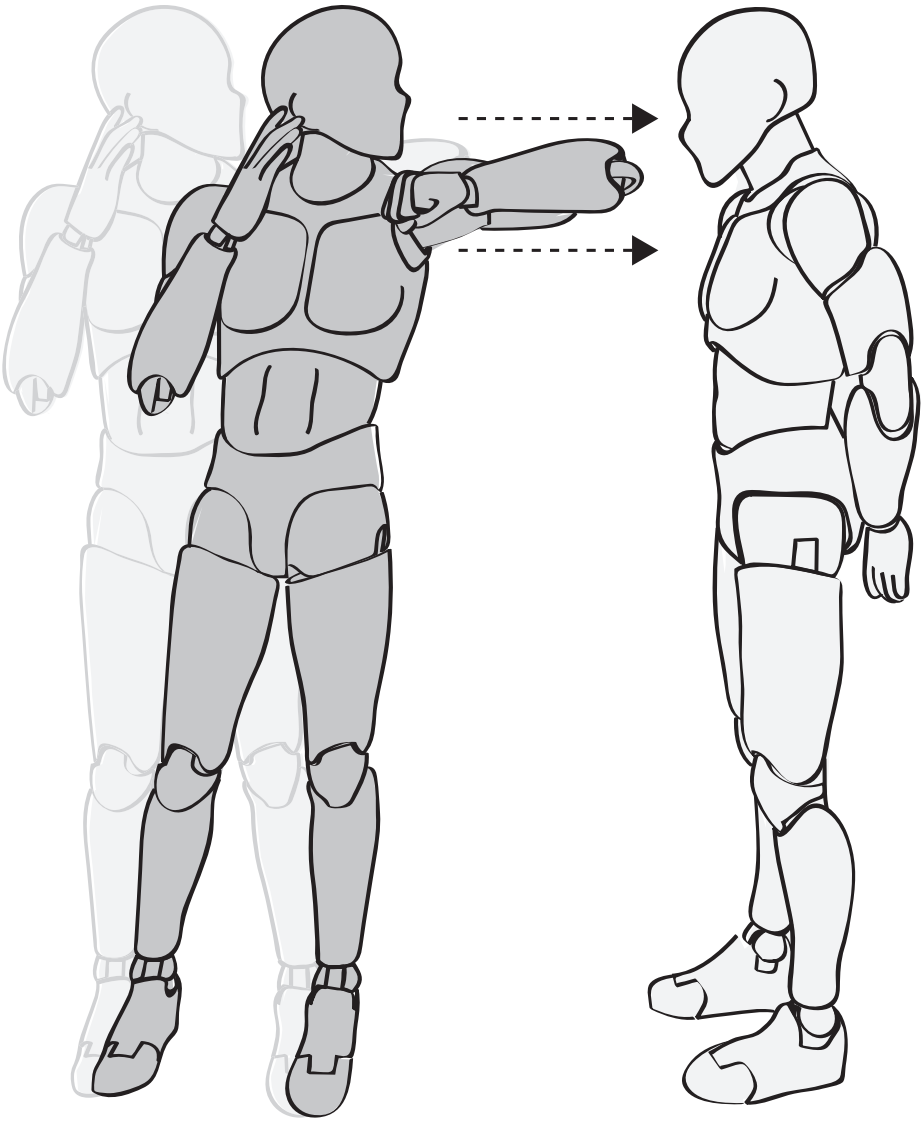
In situation (B), right after hitting the opponent's stomach, your body bends forward and downwards, and the elbow goes straight up to the target.



Over your shoulder you can see the target to be hit.

12 Elbow Strike Sideways

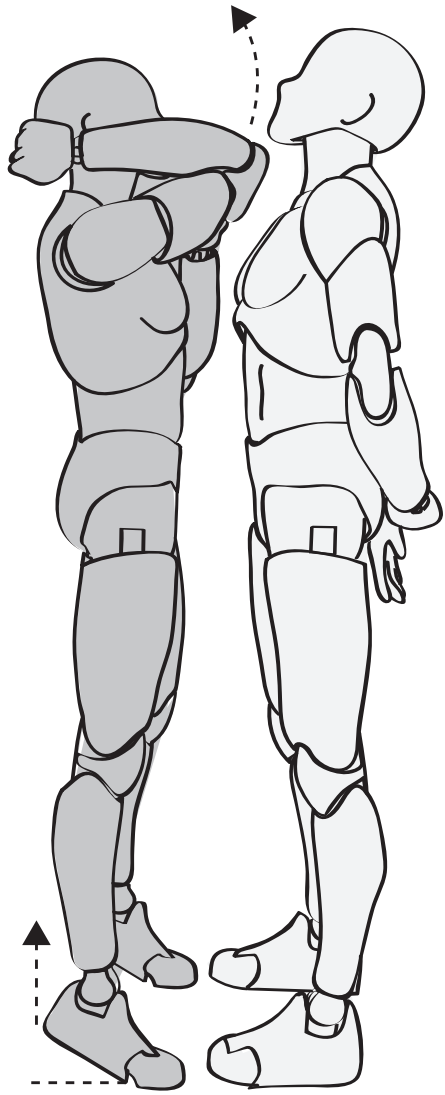
The Elbow Strike Sideways is a short strike, that aims to hit the central strip or central mask of the opponent's face. The body is thrown to the side along with the strike to transfer the body weight towards the target to be hit.

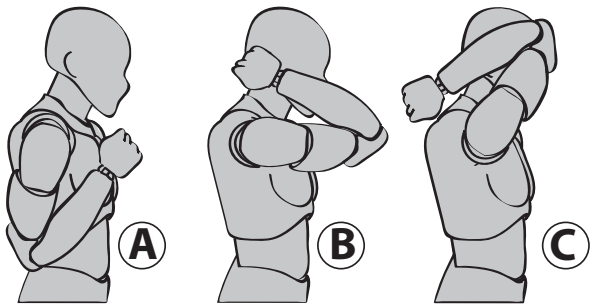


13 Elbow Strike Upwards

In this situation the aggressor is too close, and the Elbow Strike Upwards has the aim of hitting the opponent's chin. The elbow goes up to the line in the middle of the opponent's body, with the final intention of "breaking through" the target.

To make this strike more powerful, and transfer the body weight along with the elbow rising movement, it is necessary to raise the heels from the floor. The body goes up along with the Elbow Strike Upwards.

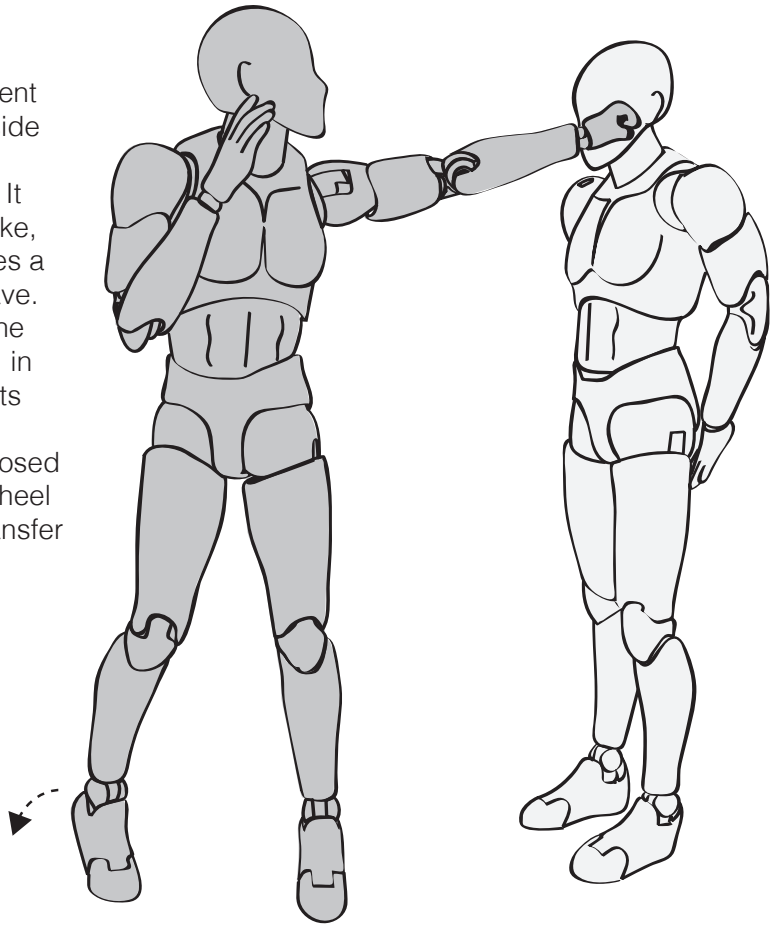


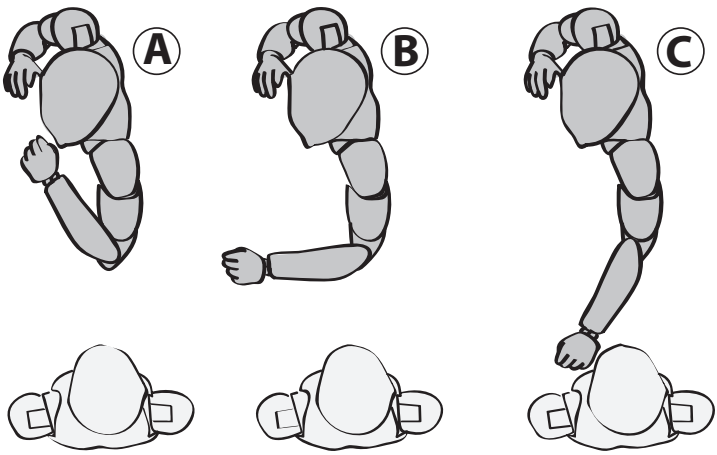


The movement starts in parallel stance, with the hand at shoulder level (A). During the elbow rising, the hand always stays on the side of the face (B). The elbow finishes pointing upwards (C).

14 Hammer Strike Sideways

In the Hammer Strike Sideways, the opponent is positioned on the side at a longer distance equivalent to an arm. It is a very powerful strike, and the impact causes a very strong shock wave. Just like a hammer, the movement is circular, in which the elbow points to the target and the forearm throws the closed hand towards it. The heel rotates outward to transfer the body weight.

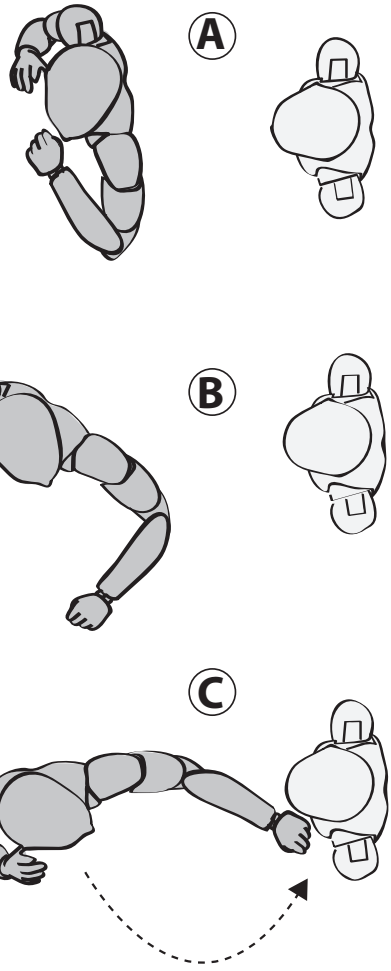




In parallel stance the elbow points to the target (A). The closed hand performs the movement towards the opponent, who is on the side (B). The Hammer hits the target (C).

15 Sideways Hammer Strike Going Backwards

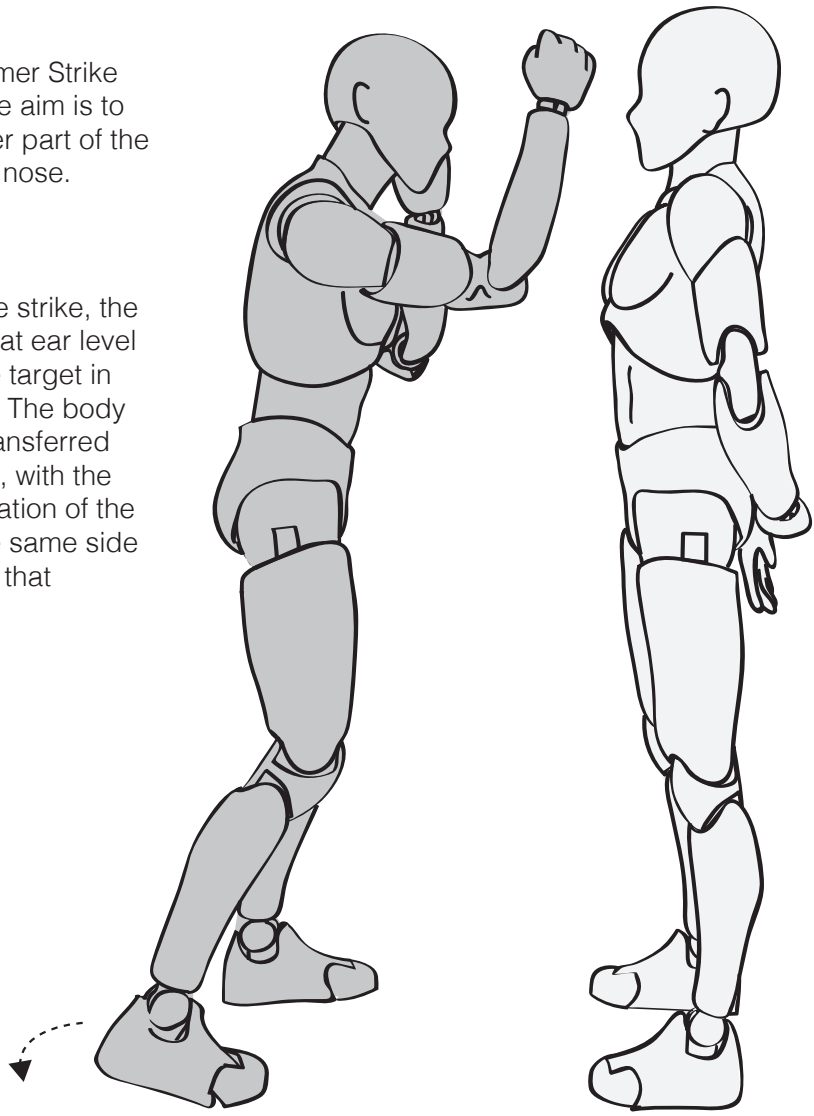
Just like the Hammer Strike Sideways, the movement is basically the same.
The difference here is the position of the opponent, who is now behind you. The rule in this case is: first you look to evaluate the distance and then you throw the strike. The movement is wider and reaches almost 180 Degrees.

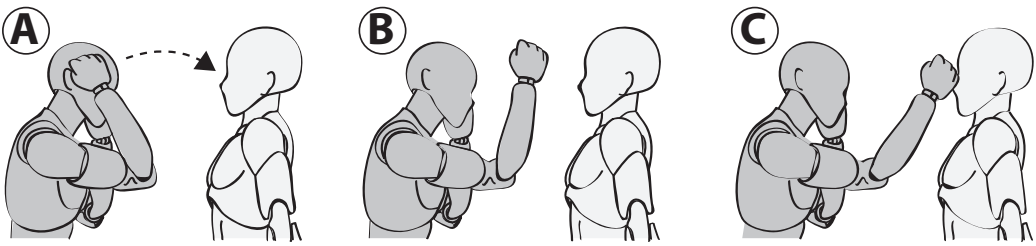


16 Hammer Strike Forward

In the Hammer Strike Forward, the aim is to hit the upper part of the opponent's nose.

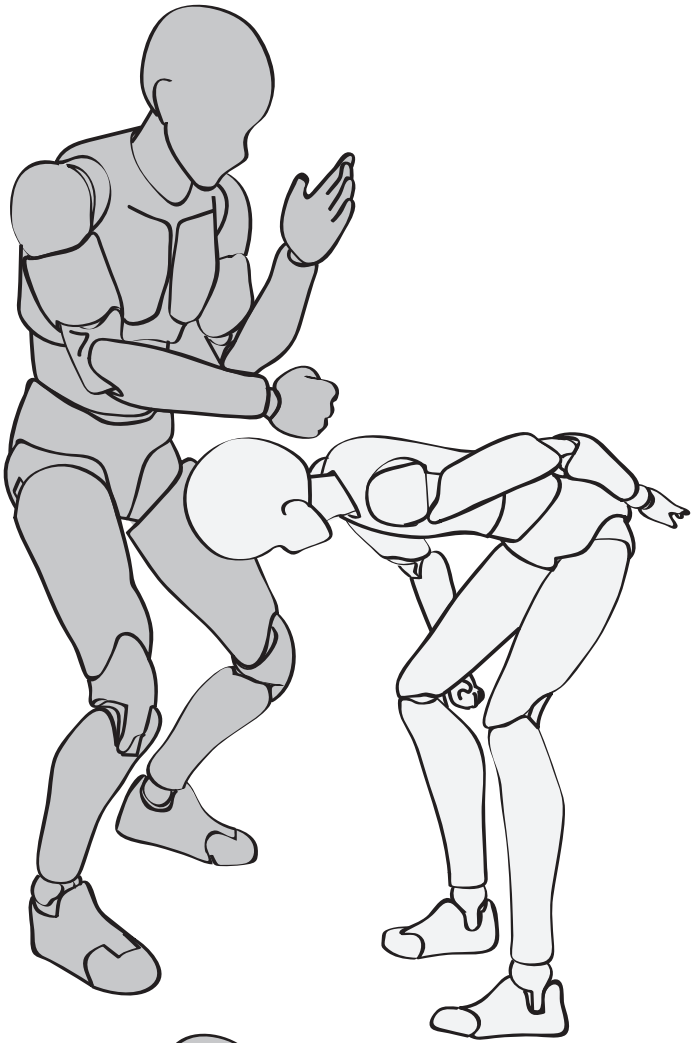
To throw the strike, the hand stays at ear level and hits the target in a short line. The body weight is transferred to the strike, with the outward rotation of the heel, on the same side of the hand that is beating.

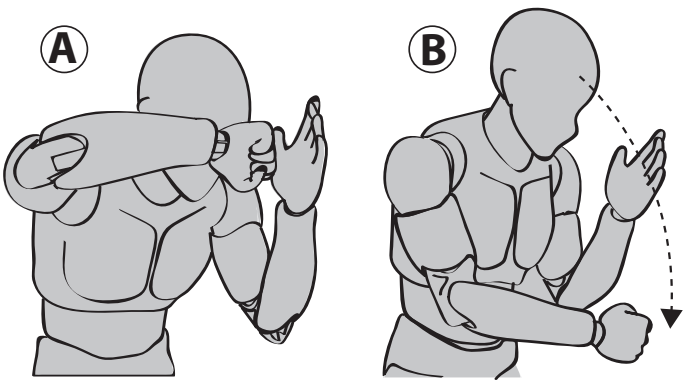




17 Hammer Strike Downwards

The Hammer Strike Downwards aims to hit the back of the opponent's neck. It is usually done after some other defense, for example, a Regular Kick in the opponent's groin area. Hitting this area makes the opponent's body to bend forward exposing the back of the neck. The body weight goes along with the attack, just like the Elbow Strike Downwards (9). Therefore, the body goes down along with the hammer.



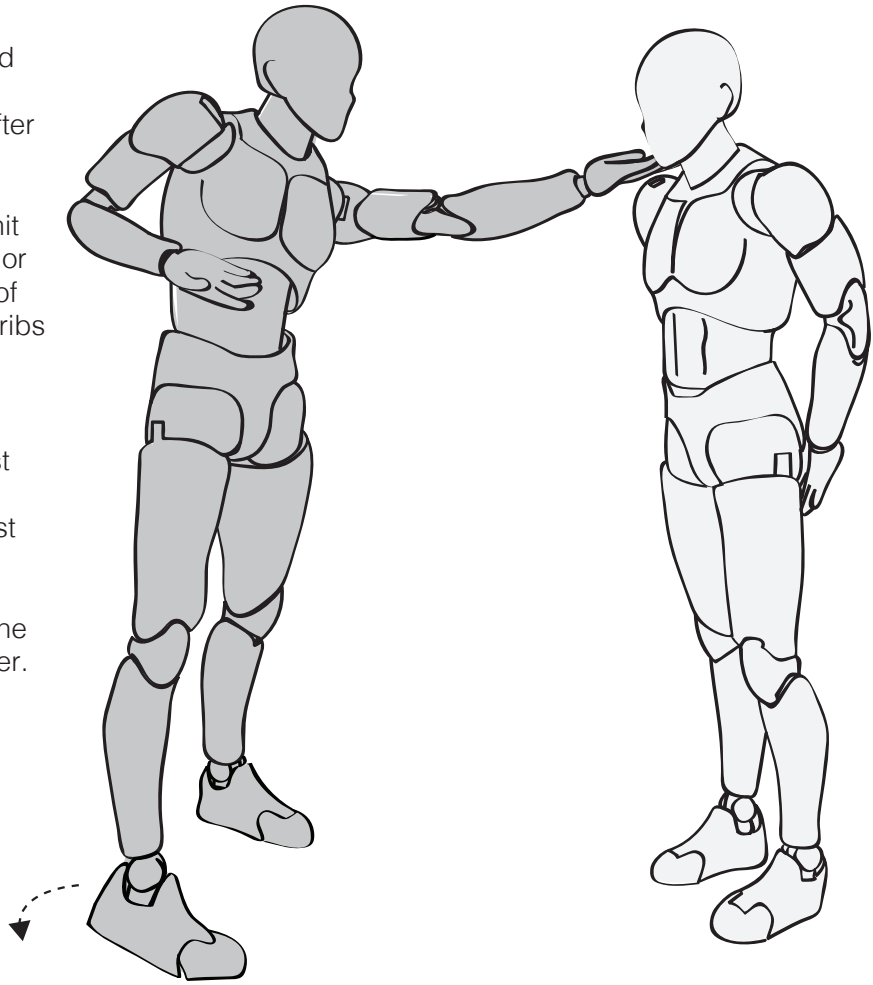


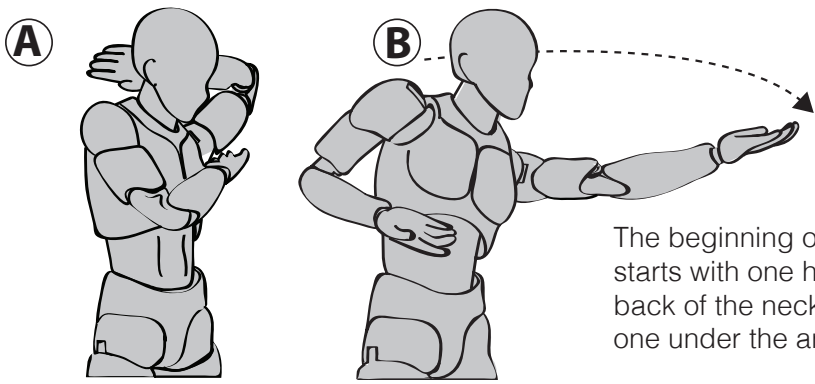
The closed hand stays with the back of the hand turned to the forehead. From this point on the Hammer Downward Strike goes down straight towards the target (B).

18 Knife-hand Strike Inward

The Knife-hand Strike Inward penetrates softer areas of the human body. The aim is to hit the neck area or the side area of the body, like ribs and kidneys.

The hand must be very rigid. For that, it must be open, and tightened up and bring all the fingers together.

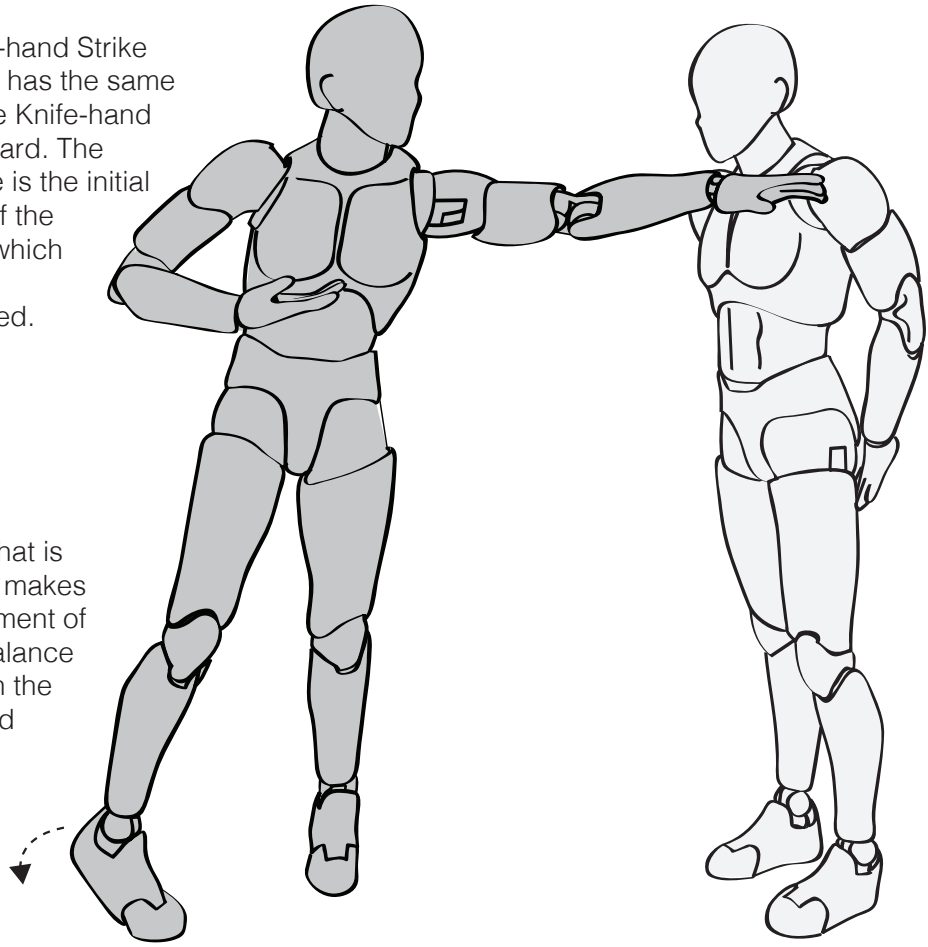




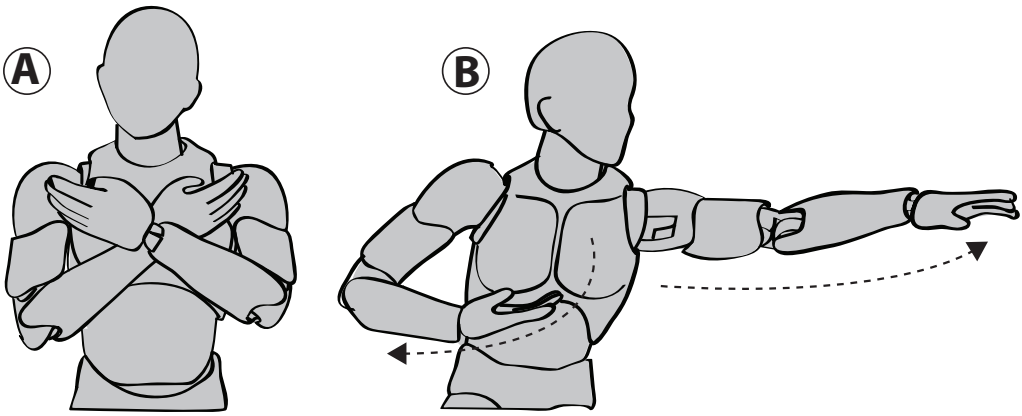
The beginning of the movement starts with one hand behind the back of the neck (A) and the other one under the armpit (B).

19 Knife-hand Strike Outwards

The Knife-hand Strike Outwards has the same aim as the Knife-hand Strike Inward. The difference is the initial position of the strike, in which the arms are crossed.

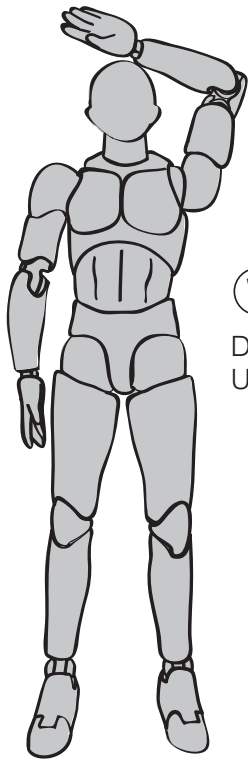


The arm that is under (A) makes the movement of counterbalance along with the Knife-hand Strike (B).

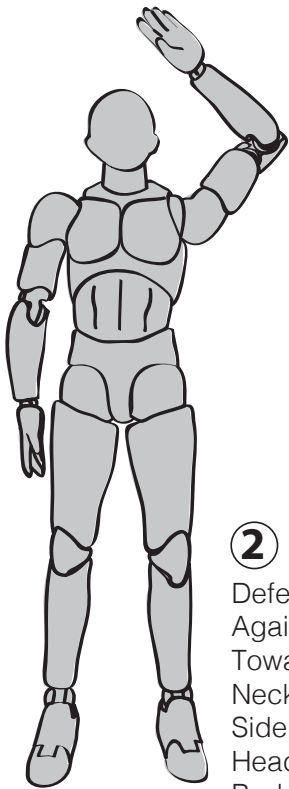


20 360 Defense

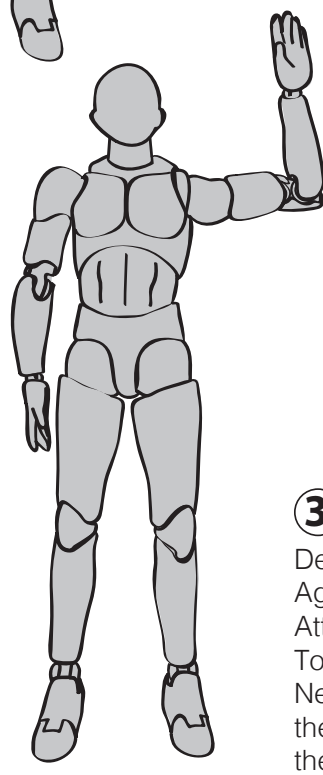
The 360 Defense is divided into 7 points for each side of the body. The Defense is done using the forearm with the hand open. The aim is to develop the ability to defend yourself against any kind of attack directed at any part of the body.
This movement prepares for the next step, which is the 360 Defense with Attack. Bearing in mind that, in Krav Maga the defense and attack always take place together.



① Defense Against Attacks Upward towards the Head.

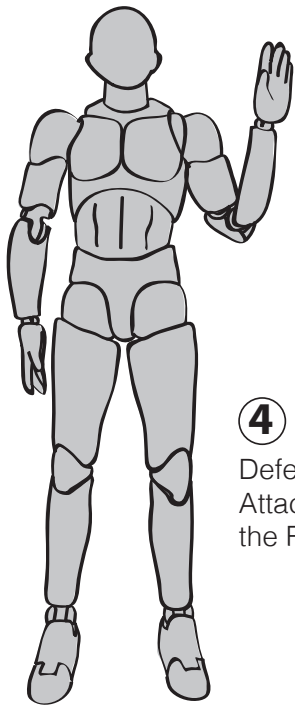


② Defense Against Attacks Towards the Neck and the Side of the Head and Body.

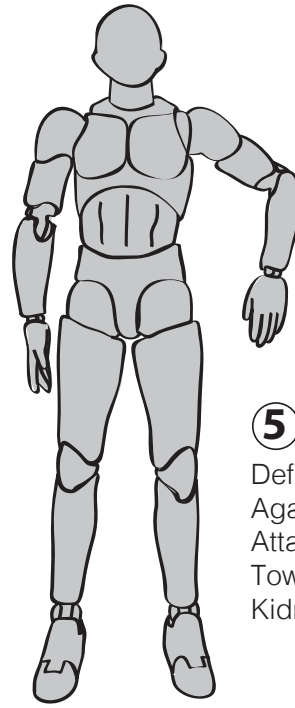


③ Defense Against Attacks Towards the Neck and the Side of the Body.

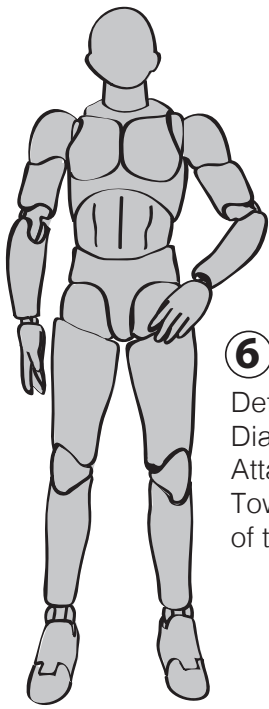
360 Defense



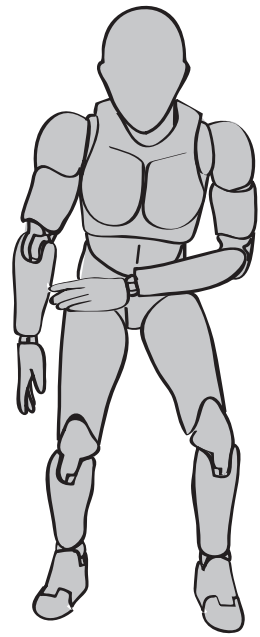
4
Defense Against Attacks Towards the Ribs.



5
Defense Against Attacks Towards the Kidneys.

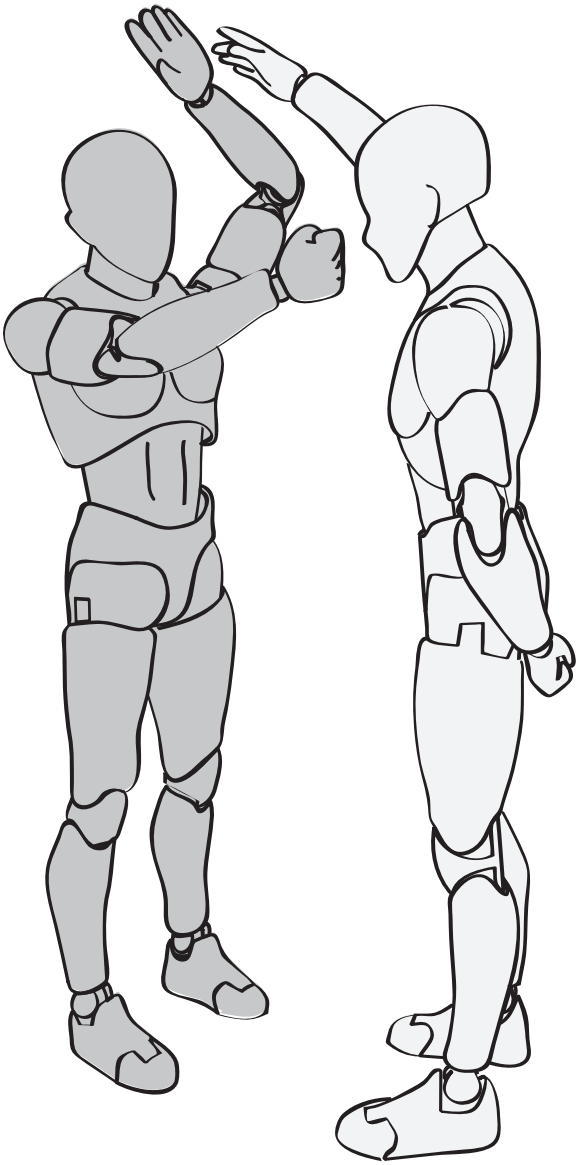


6
Defense Against Diagonal Attacks-Bottom Up Towards the Center of the Body.

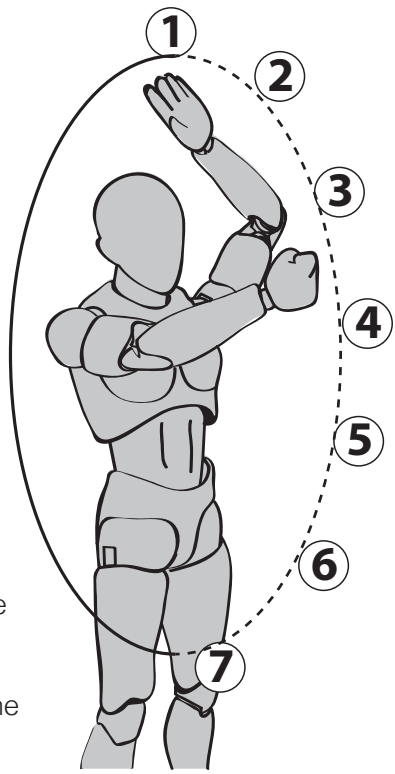


7
Defense Against Attacks Bottom-Up Towards the Center of the Body.

21 360 Defense with Attack



The difference between the 360 Defense and the 360 Defense with Attack, is that here the attack takes place at the same time of the defense movement. In other words, one arm defends while the other one attacks simultaneously.

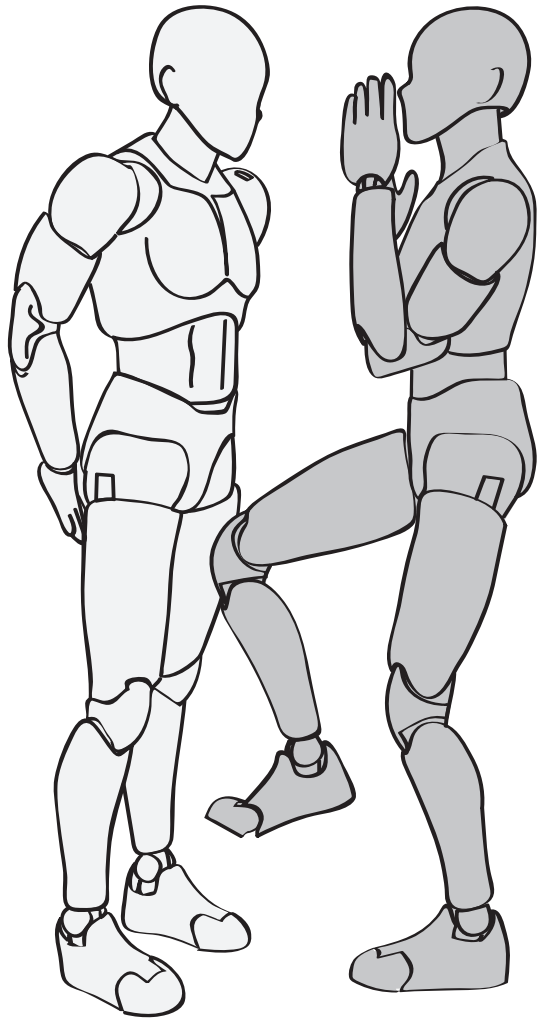


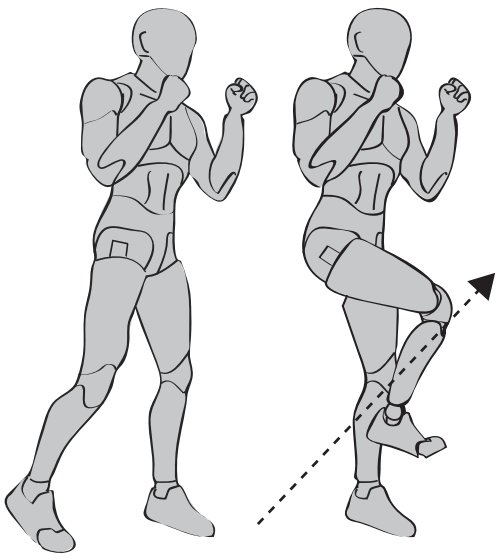
All the 7 points of defense continue with the attack at the same time. This Boxing Strike attack has the aim of hitting the central mask of the opponent. (Eyes, Nose or Mouth).

Sergio Nisenbaum

22 Knee Strike

The Knee Strike takes place at a short distance. The knee goes up towards the opponent's groin area. Regardless of the kind of footwear that is being worn or barefoot, the toes must always be pulled up to tighten the leg muscles. Due to the short distance, the Elbow Strikes work very well together with the Knee Strike.

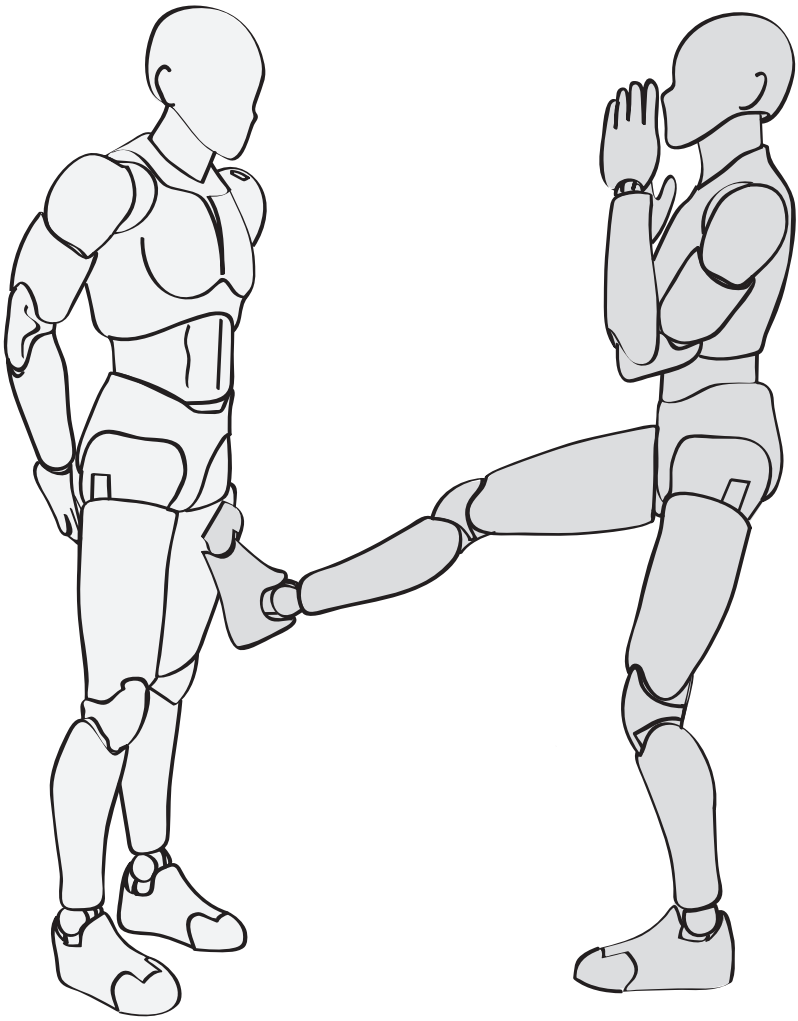


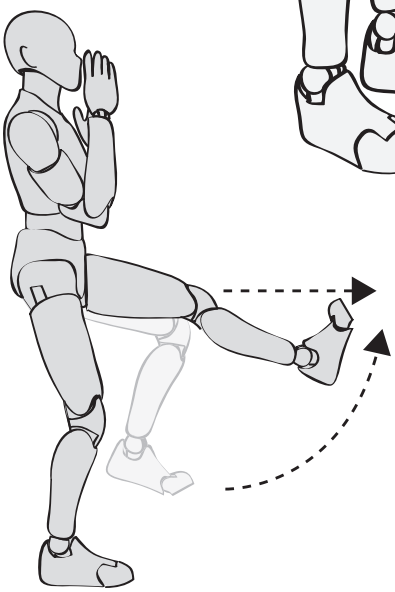


Starting from the Regular Stance, the knee goes up in a straight line and the toes stay pointed upwards.

23 Regular Kick

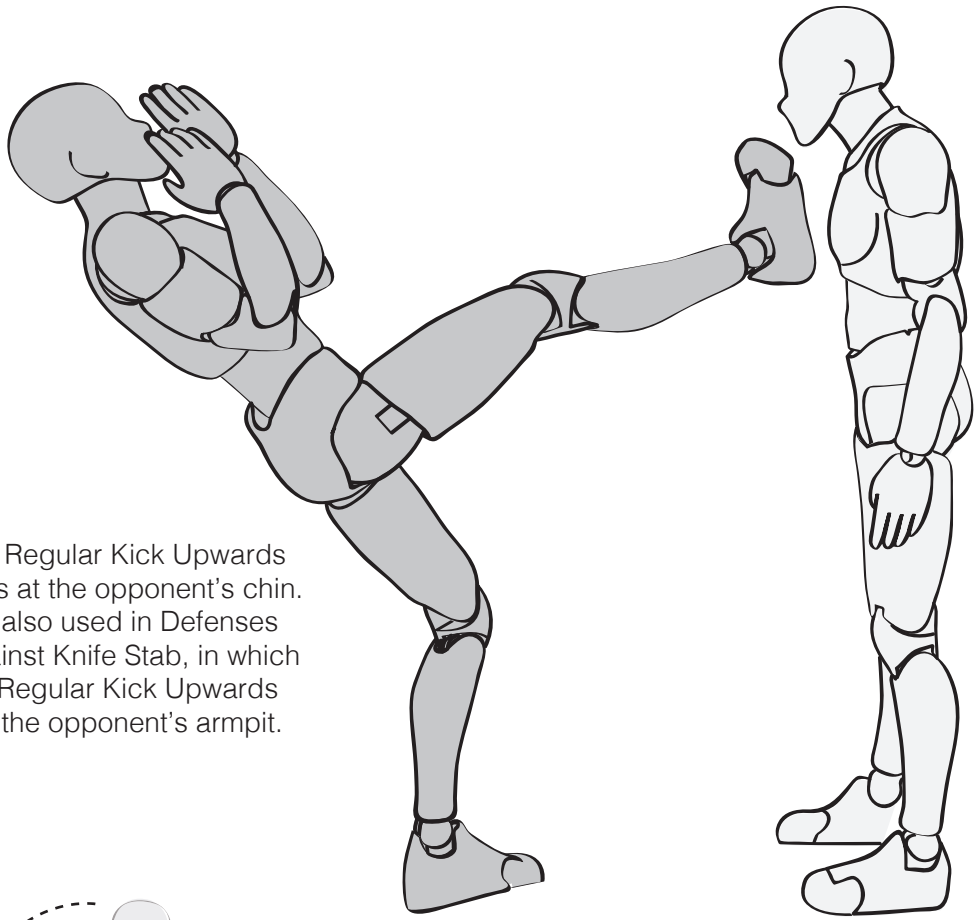
Just like the Knee Strike, the Regular Kick also aims at the opponent's groin area. This movement is performed as follows: the knee goes up and immediately throws the kick.



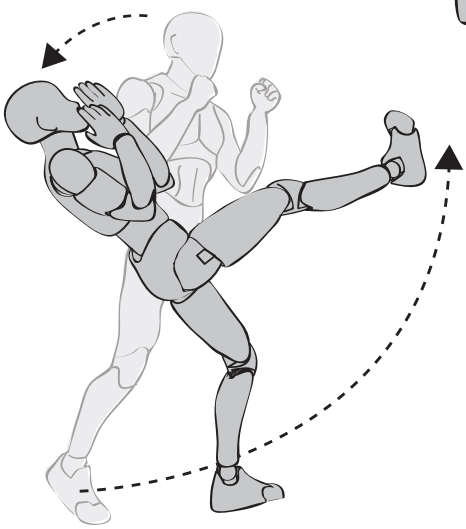


The knee aims at the target. Wherever the knee points, the kick goes. The toes stay pointed upwards.

24 Regular Kick Upwards



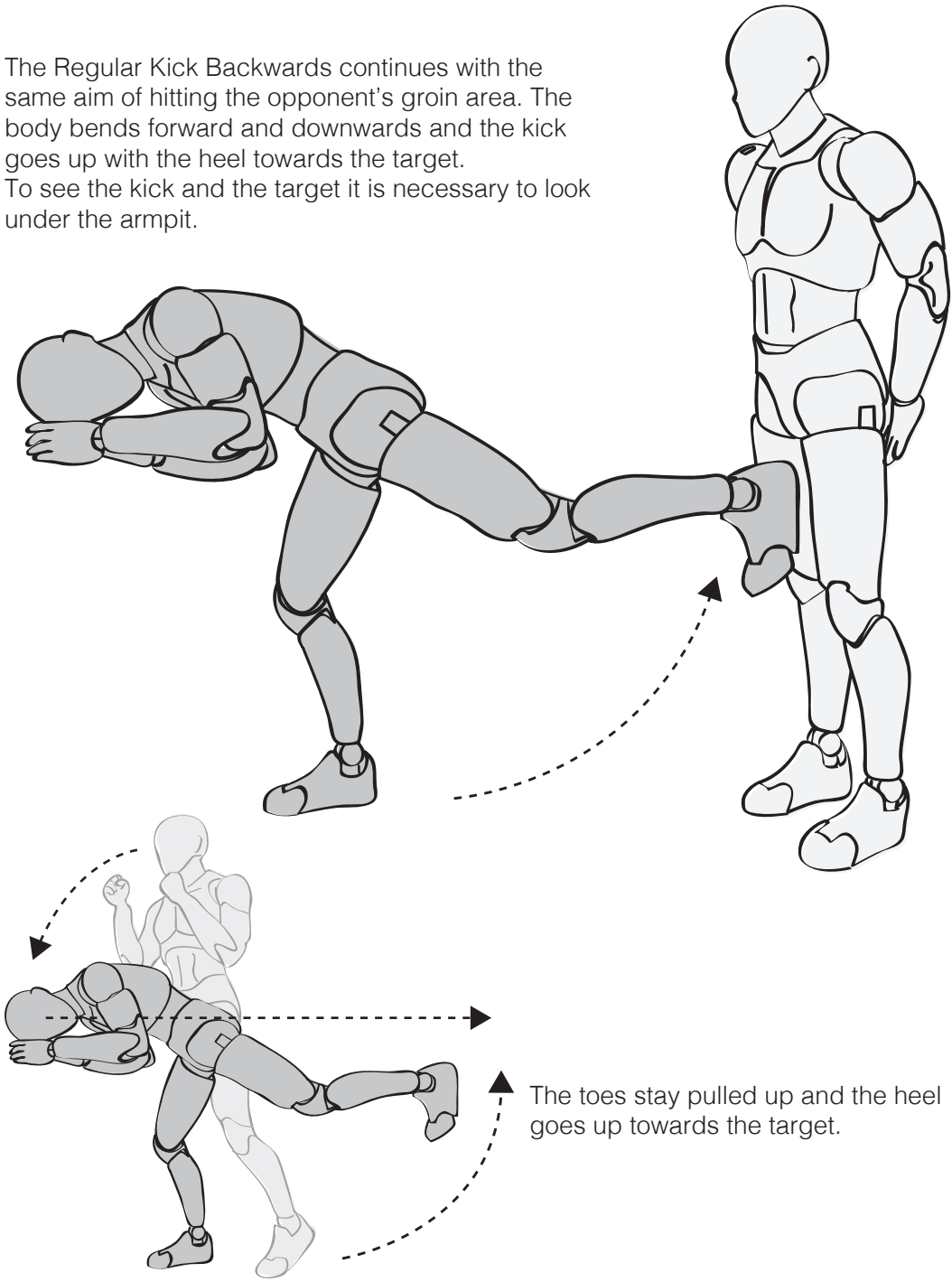
The Regular Kick Upwards aims at the opponent's chin. It is also used in Defenses Against Knife Stab, in which the Regular Kick Upwards hits the opponent's armpit.



The toes stay pulled up and to ease the kick raise, the body bends backwards.

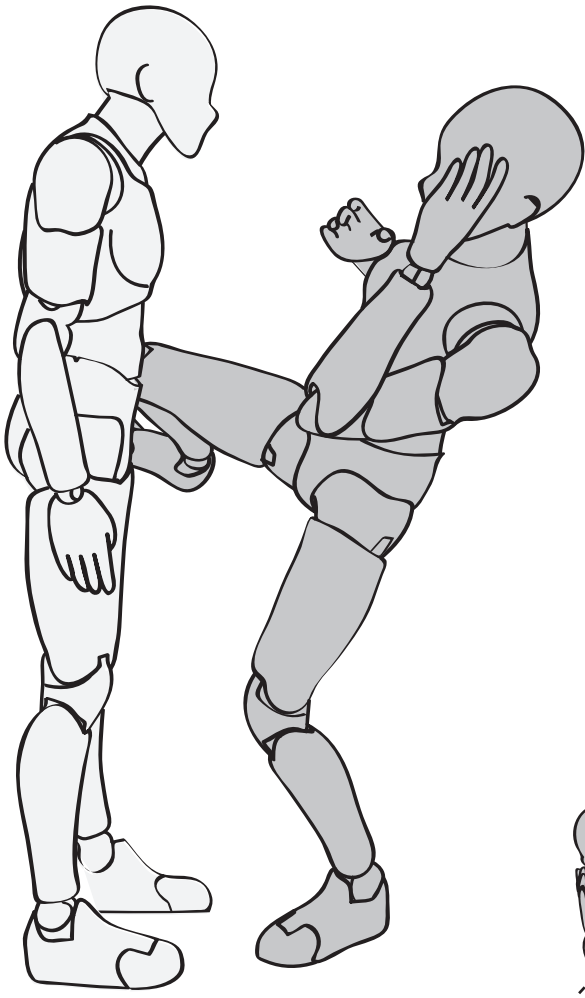
25 Regular Kick Backwards

The Regular Kick Backwards continues with the same aim of hitting the opponent's groin area. The body bends forward and downwards and the kick goes up with the heel towards the target.
To see the kick and the target it is necessary to look under the armpit.

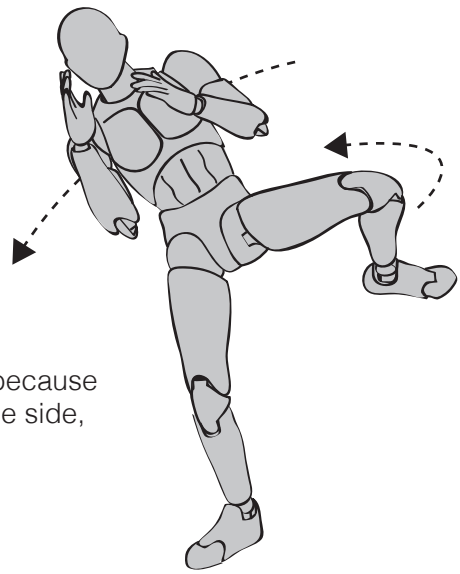


The toes stay pulled up and the heel goes up towards the target.

26 Knee Strike Sideways



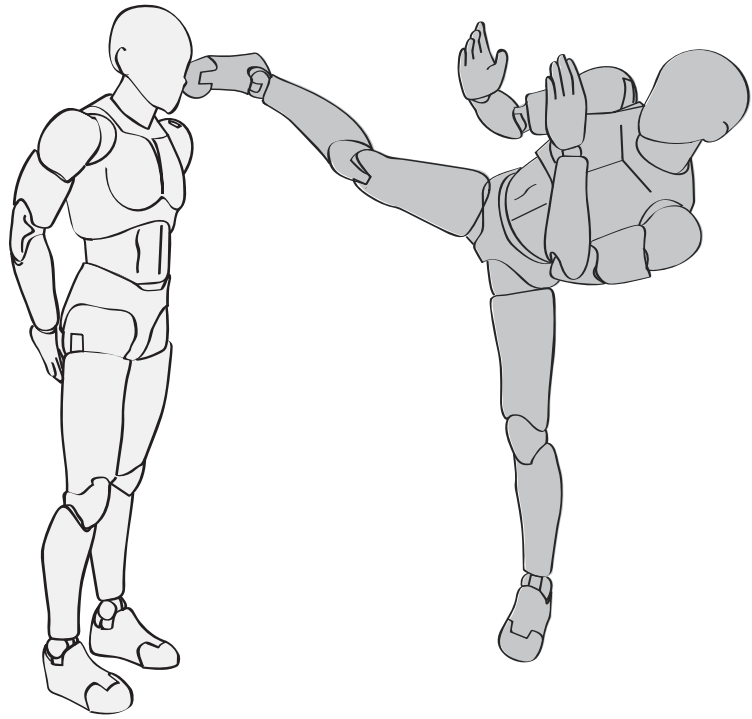
The Knee Strike Sideways takes place at a short distance. The Knee goes up towards the opponent's kidneys area or ribs. The strike is circular, that means, it comes from the outside to the inside towards the target.

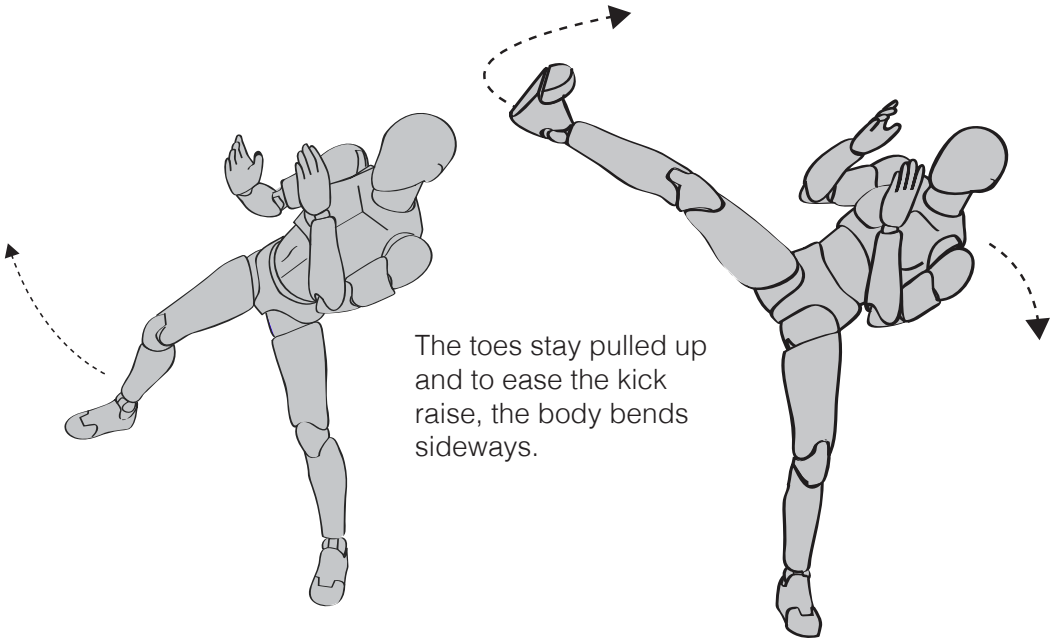


The toes stay pulled up and, because the Knee Strike comes from the side, the body bends sideways.

27 Sickle Kick

The Sickle Kick is a longer distance kick and it can hit the opponent's knee, ribs area, or face. It is a side kick and requires a balanced combination between the body and the kick. Just like the Knee Strike Sideways, the knee points to the target and throws the kick.



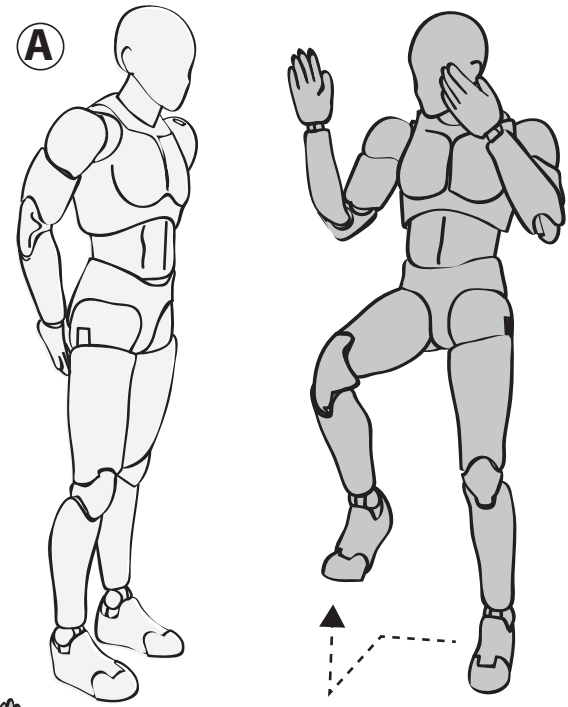


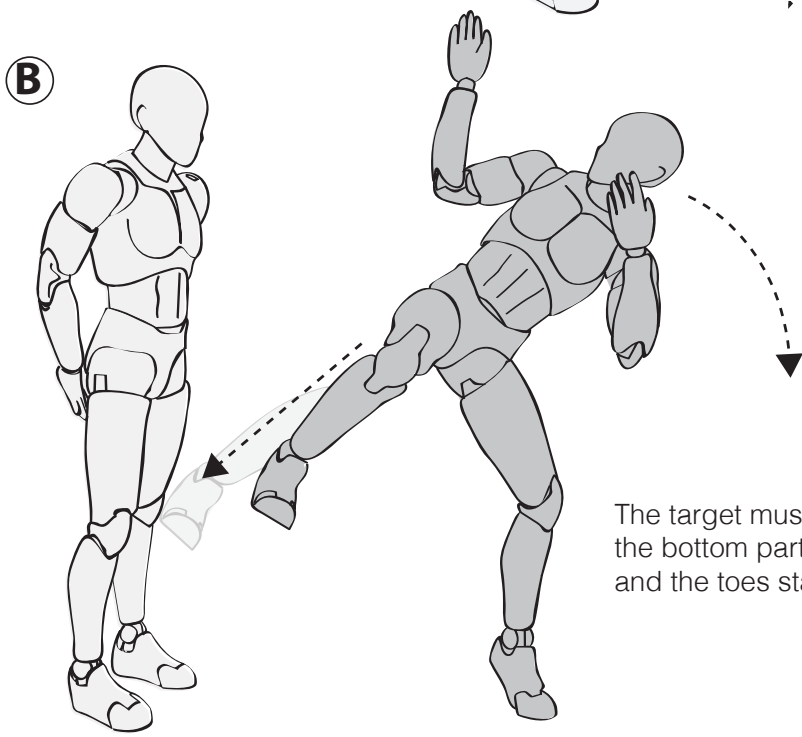
The toes stay pulled up and to ease the kick raise, the body bends sideways.

28 Heel Kick to the Knee

The Heel Kick to the Knee targets the frontal and the side part of the knees. It can also hit behind the knee, where the back joint is, to make the opponent lose the balance.

The knee goes up (A) and from this point on the body bends sideways (B), the leg stretches to throw the kick towards the knee.



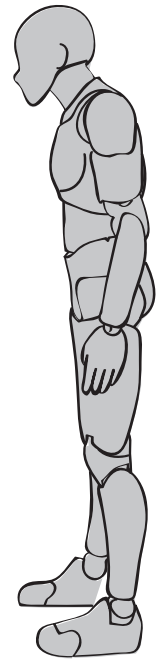


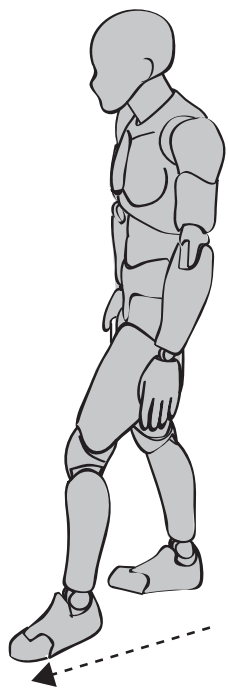
The target must be hit with the bottom part of the heel and the toes stay pulled up.

29 Defense Kick Forward

The Defense Kick Forward aims at pushing the opponent backwards to gain space and distance. The sole of the foot hits the chest area.

The beginning is on Parallel Stance, with the arms relaxed downwards (A).

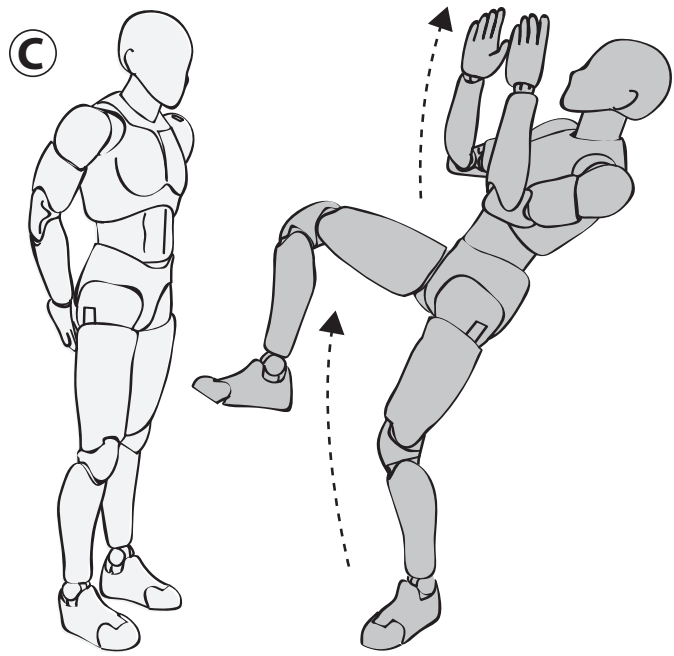


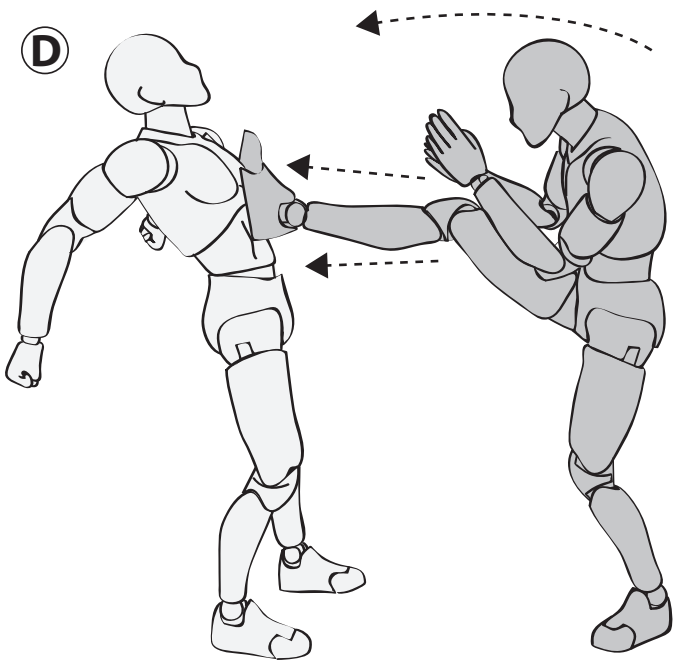


The kick starts with the movement of the left foot forward and outward, to be able to kick with the right leg (B).

Defense Kick Forward

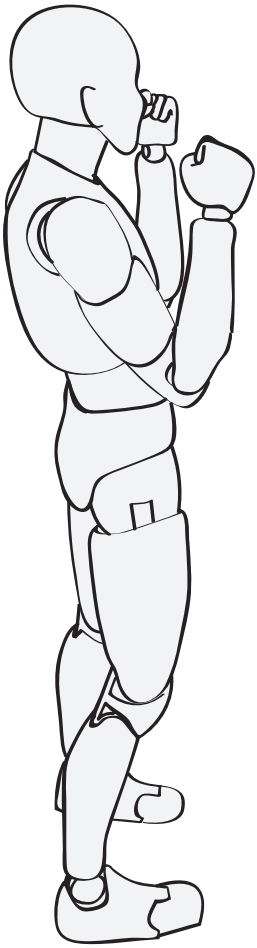
After going forward with the left foot, the arms go up to the defense position with the hands open, and the knee goes up as high as possible (C).

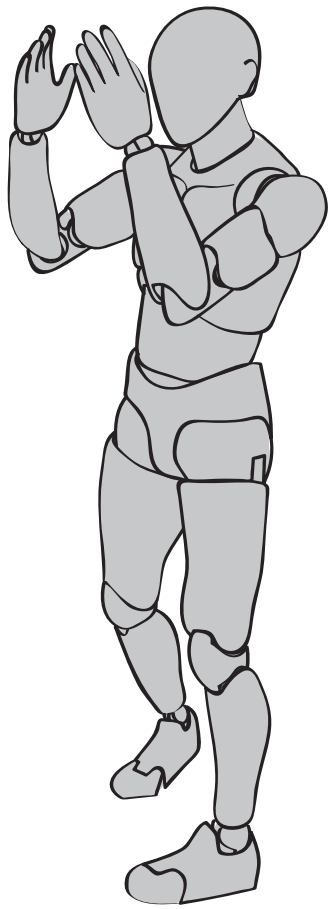




Now, the body bends forward along with the kick to take all the body weight towards the target (D).

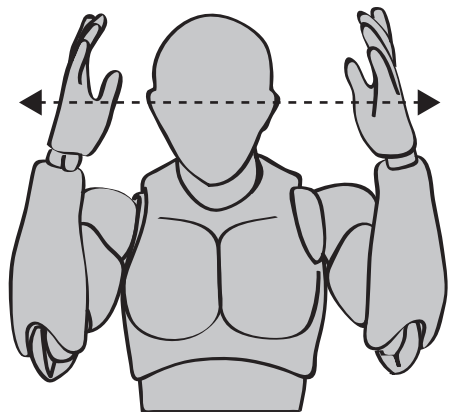
30 Inward Defense Stance





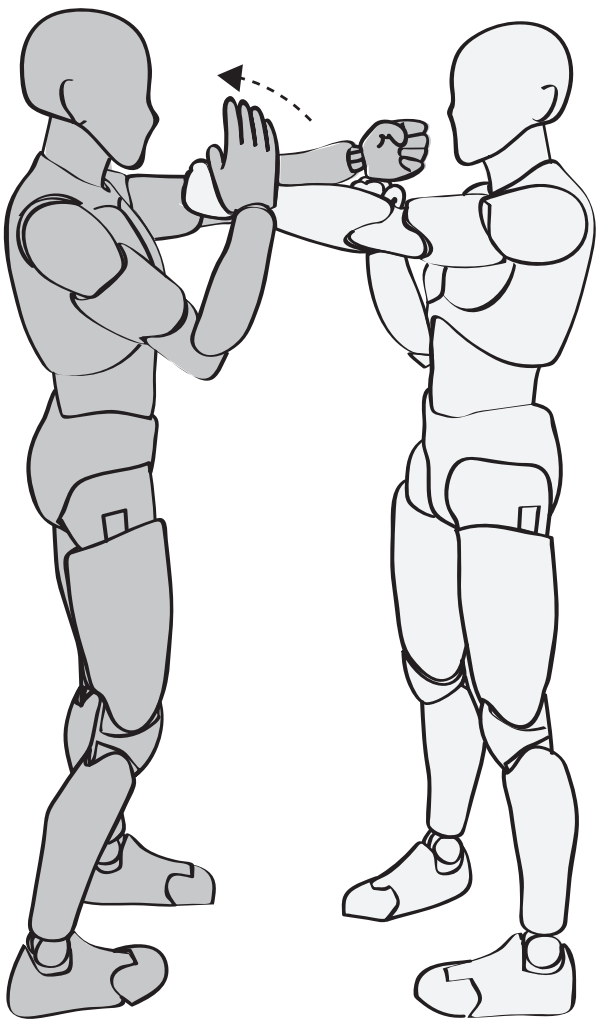
The Inward Defense Stance defends against several kinds of attacks that come from the front. Besides also defending against Boxing Strike attacks. The feet position is the same as the Regular Stance, with the left foot at the front and the right foot behind.

With the hands open, the palm of the hand stays at eye level.



31 Inward Defense Nº 1
Against a Left Boxing Strike

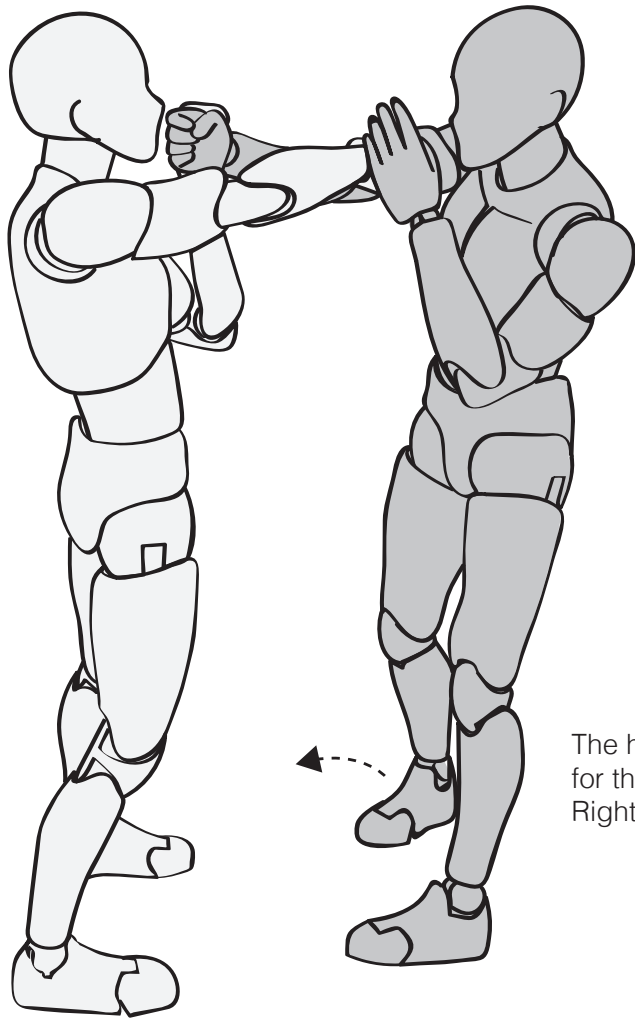
In the Inward Defense Against a Left Boxing Strike Nº 1, the palm of the right hand deflects the Left Boxing Strike attack inward, at the same time the left hand attacks with a Boxing Strikes towards the opponent's face. The defense and attack always take place at the same time.



To deflect the attack more effectively, the elbow must be down at the time of the defense. The target is the opponent's face.

32 Inward Defense Nº 2
Against a Right Boxing Strike

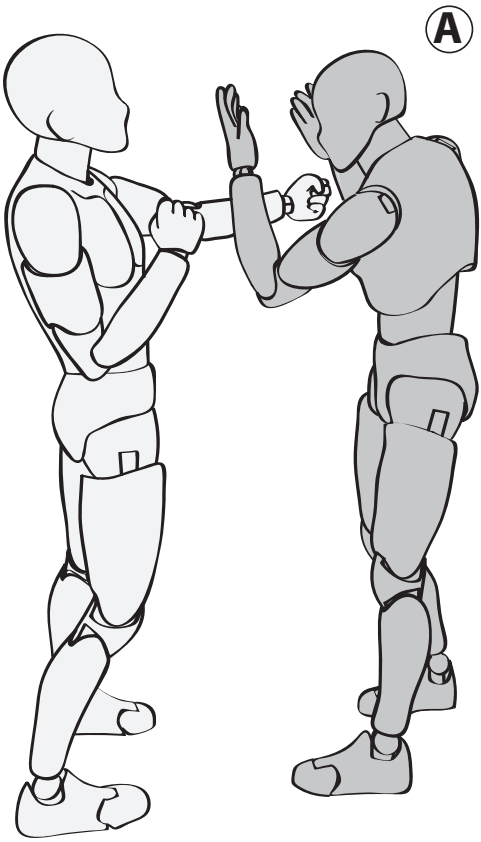
The Inward Defense Against a Right Boxing Strike Nº 2 is exactly the opposite of the Defense Nº 1.
The palm of the left hand deflects the Right Boxing Strike attack inward, and at the same time the right hand attacks with Boxing Strikes towards the opponent's face. The defense and attack take place at the same time.



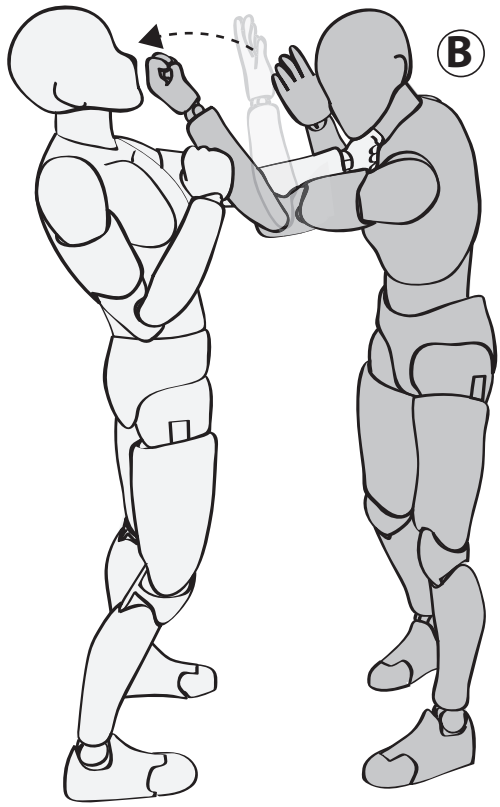
The heel rotates outward for the attack with the Right Boxing Strike.

33 Inward Defense Nº 3

Against a Left Boxing Strike



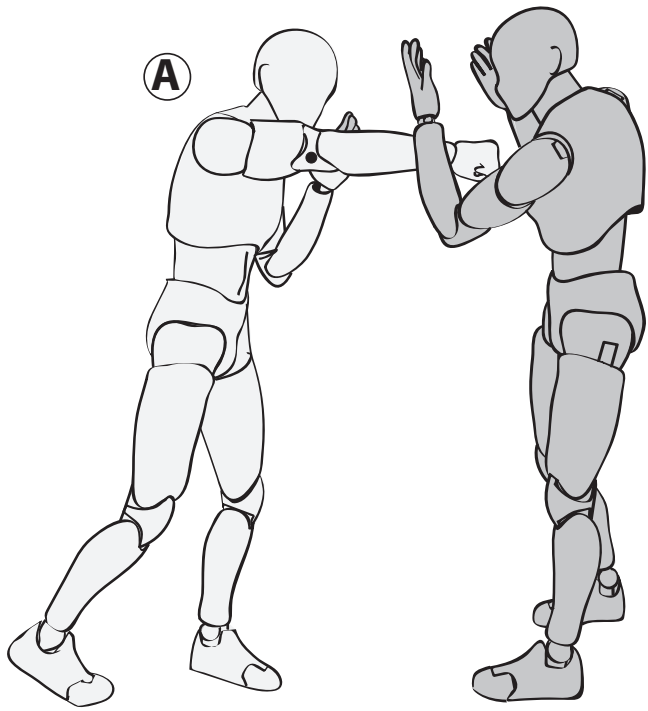
The Inward Defense Nº 3 defends against a Left Boxing Strike attack. The left forearm deflects the attack and the elbow stays pointed downwards (A) and, in sequence, hits the opponent's face with a Hammer Boxing Strike (B).

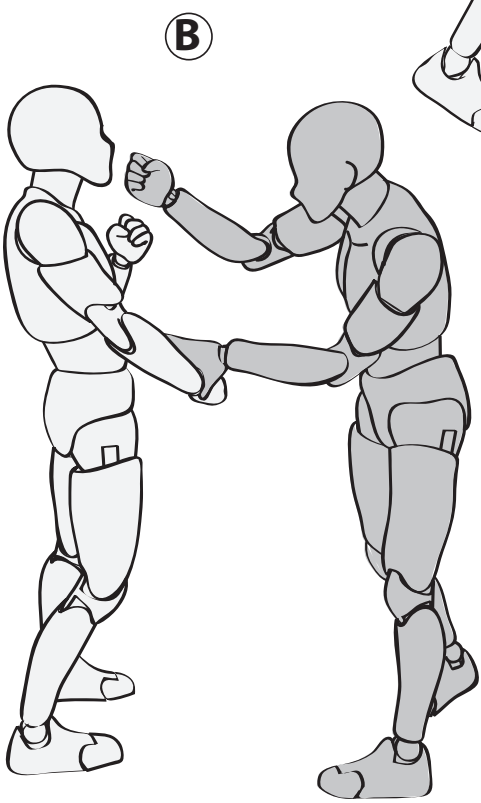


The deflection is done with the forearm and the hand open, and the attack is done with the hand closed.

34 Inward Defense Nº 4
Against a Right Boxing Strike

The Inward Defense Nº 4 defends against a Right Boxing Strike attack. The left forearm deflects the attack inward, and the elbow stays pointed downwards (A) and immediately holds the opponent's arm. At the same time, the right hand hits the opponent's face with a Right Boxing Strike (B).





The deflection is done with the forearm, in the same way as Defense Nº 3. The left hand holds the opponent's arm.

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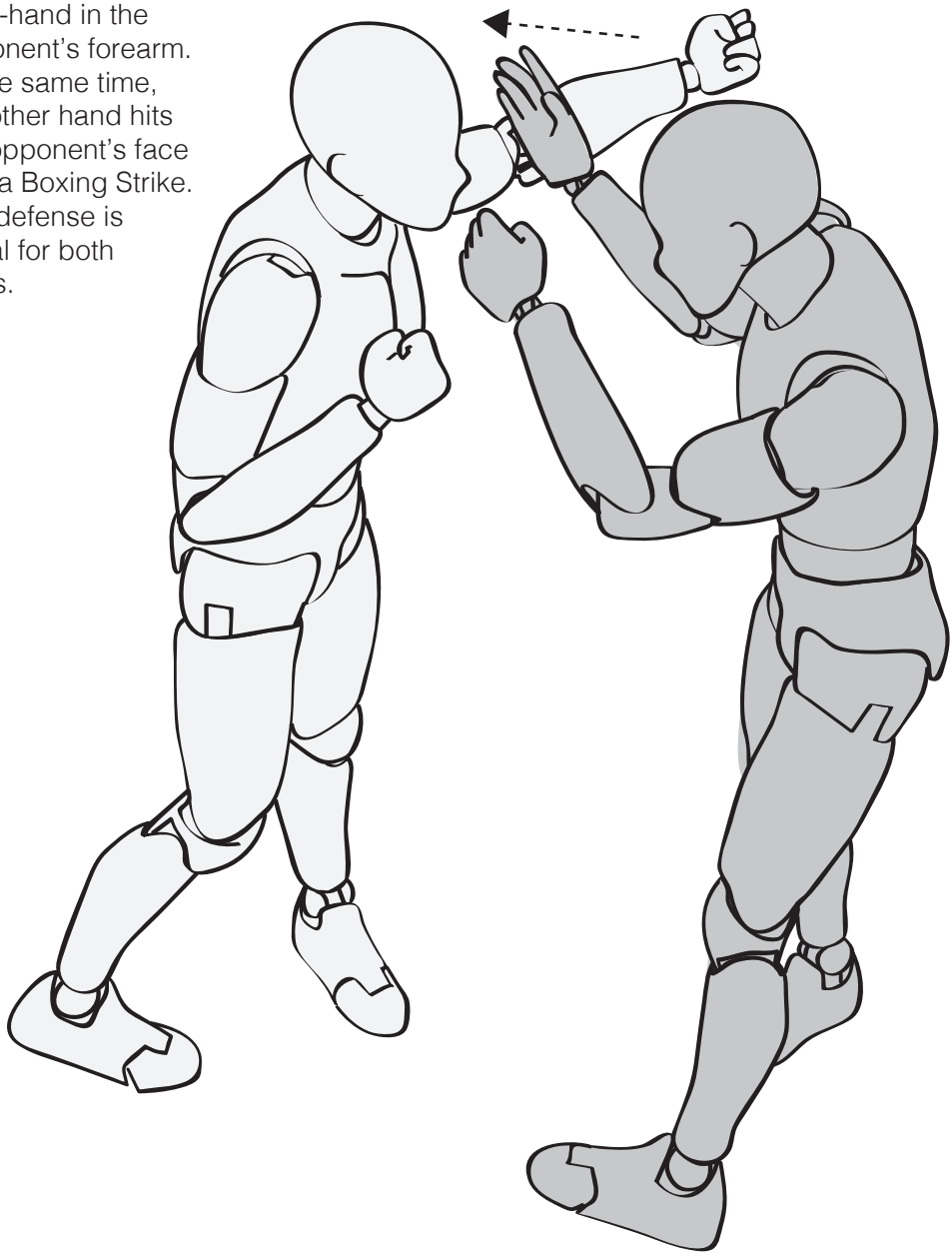
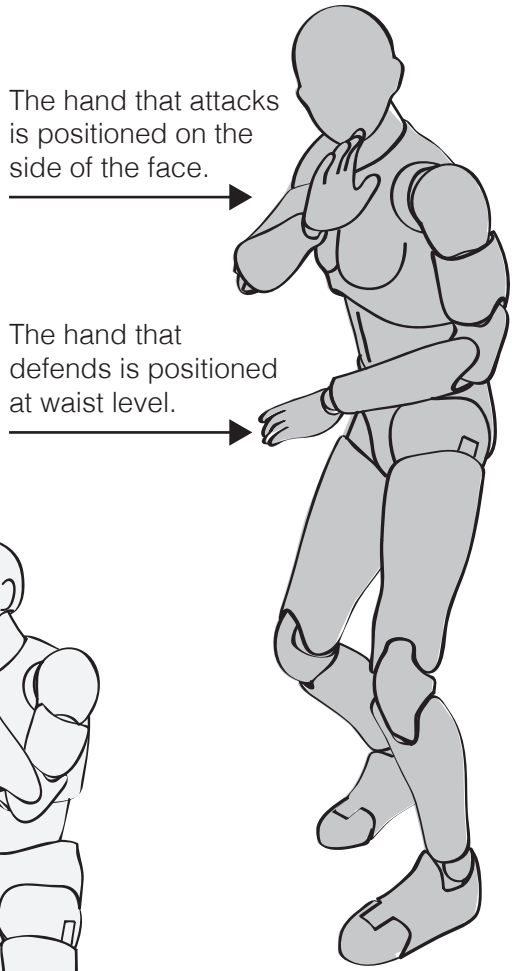
35 Defense Against a Sickle Boxing Strike

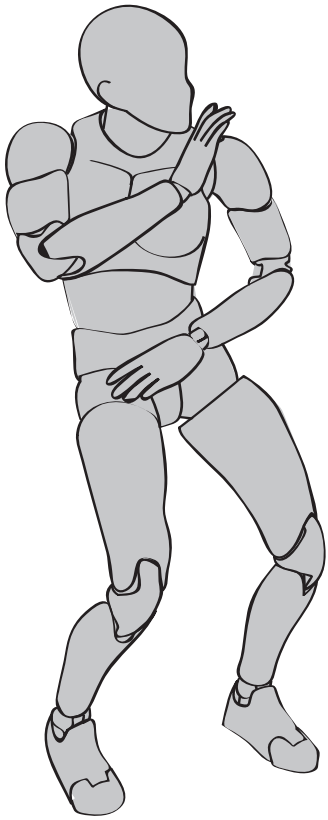
The Defense Against a Sickle Boxing Strike is done with the knife-hand in the opponent's forearm. At the same time, the other hand hits the opponent's face with a Boxing Strike. The defense is equal for both sides.

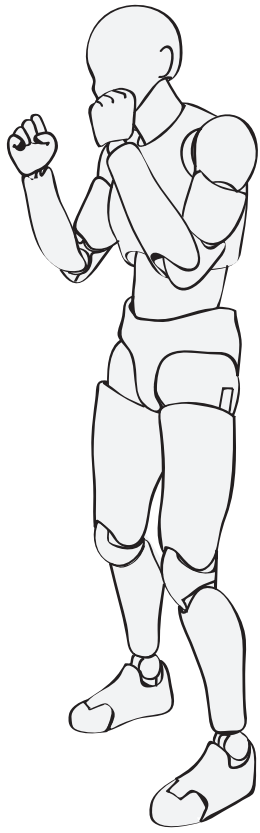


36 Outward Defense Stance

The Outward Defense Stance is a more closed stance, in which the shoulder points to the opponent. At the time of the defense the body opens and transfers all the weight to the arm that is defending. The right hand is positioned on the left side of the face and the left hand at waist level.

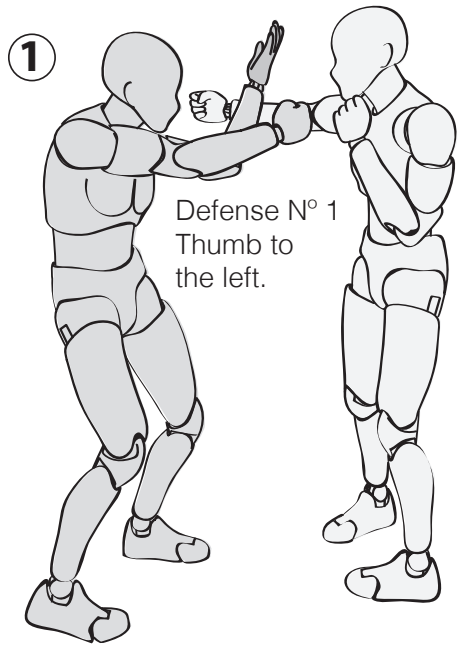






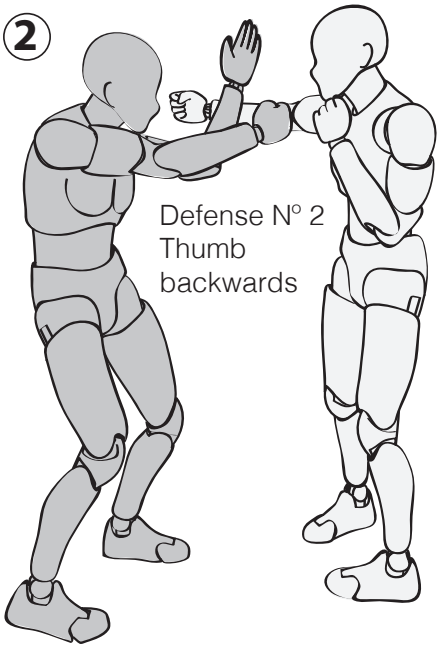
The left foot stays further ahead and the knees slightly bent. The shoulder points to the opponent.

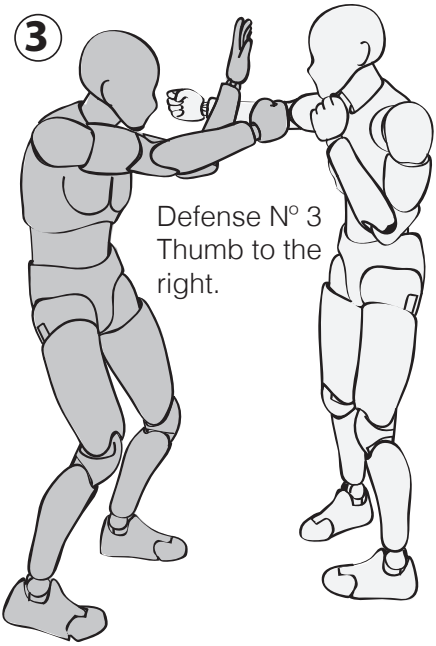
37 Outward Defense N° 1, 2 and 3



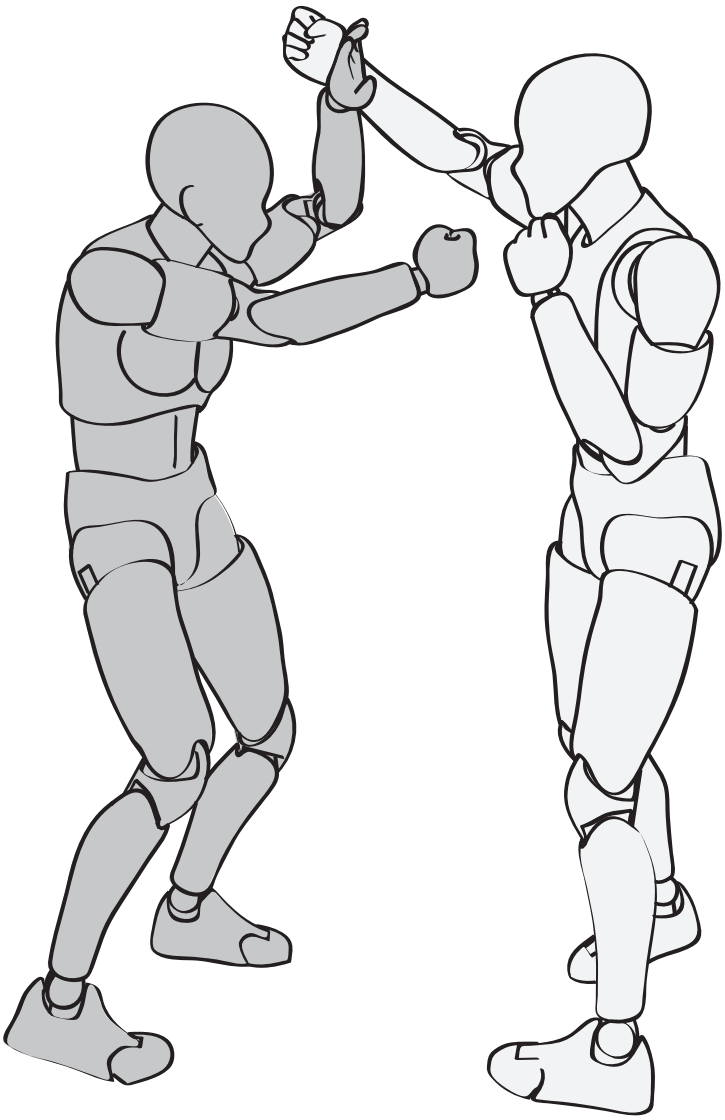
The Outward Defenses Nº 1, 2 and 3 defend Boxing Strikes attacks with the forearm. The defense and attack take place simultaneously.

The left forearm defends and the right hand attacks. The difference between the defense NOS 1, 2 and 3 is in the forearm's position at the time of the defense. The hand position indicates which part of the forearm will defend.



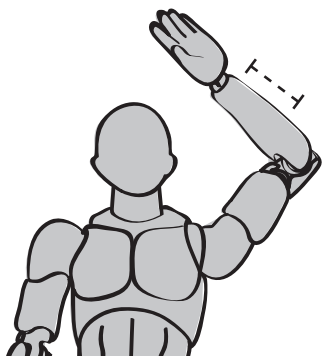


38 Outward Defense Nº 4

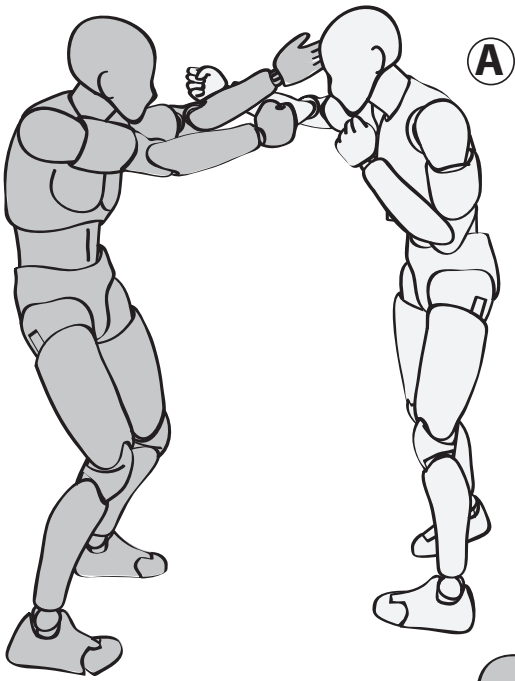


In the Outward Defense Nº 4 the left forearm deflects the attack upwards. The attack always takes place at the same time as the defense, and the hand comes from the waist level and defends upwards.

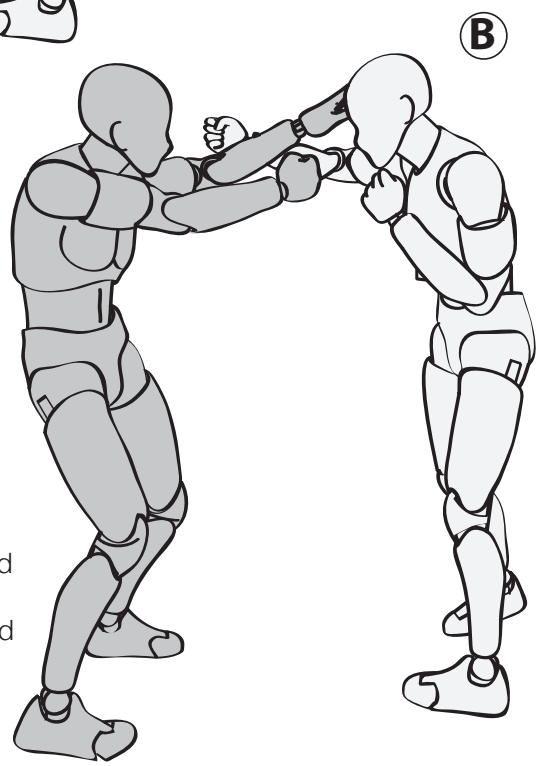
The defense angle is equal to the second point of 360 Defense (20). The defense is with the forearm.



39 Outward Defense N° 5 and 6



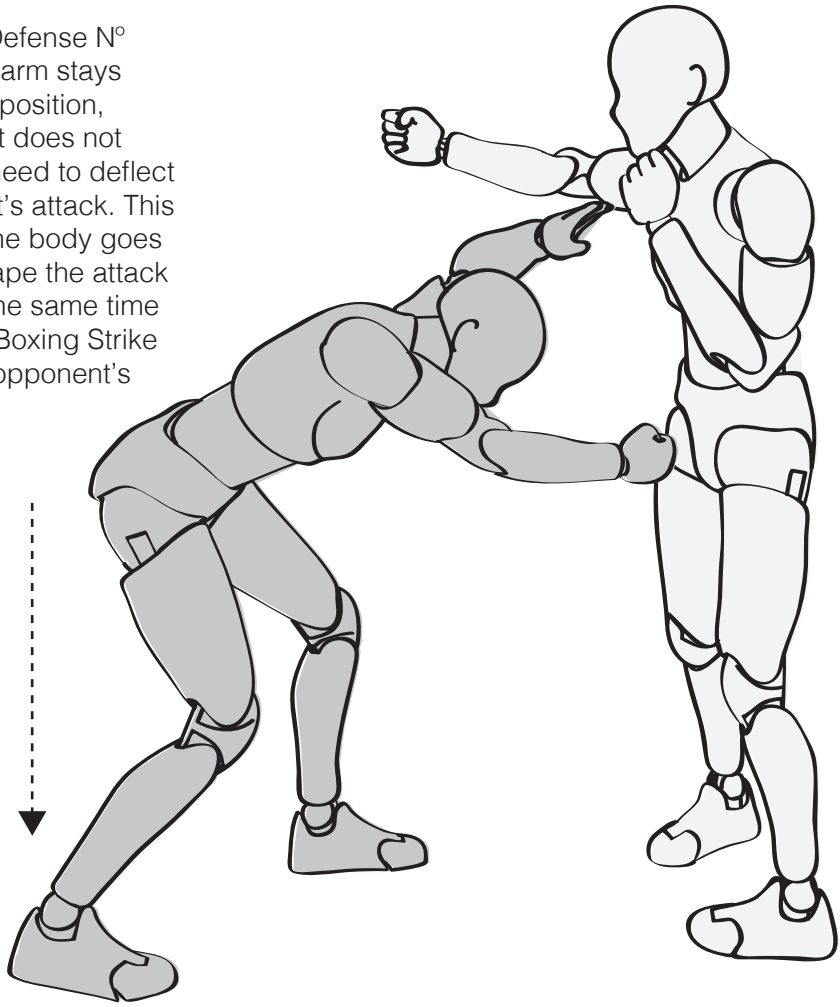
In the Outward Defense Nº 5 and 6 the defense angle is different.
To deflect the attack, the left forearm defends forward and diagonally, and the hand stays in the vertical position (A).

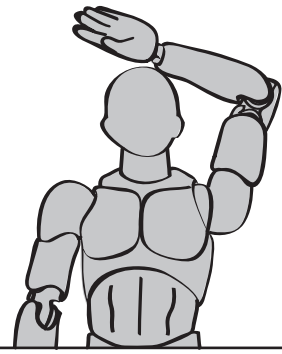


In Defense Nº 6 the hand position is horizontal, with the palm of the hand facing down (B).

40 Outward Defense Nº 7

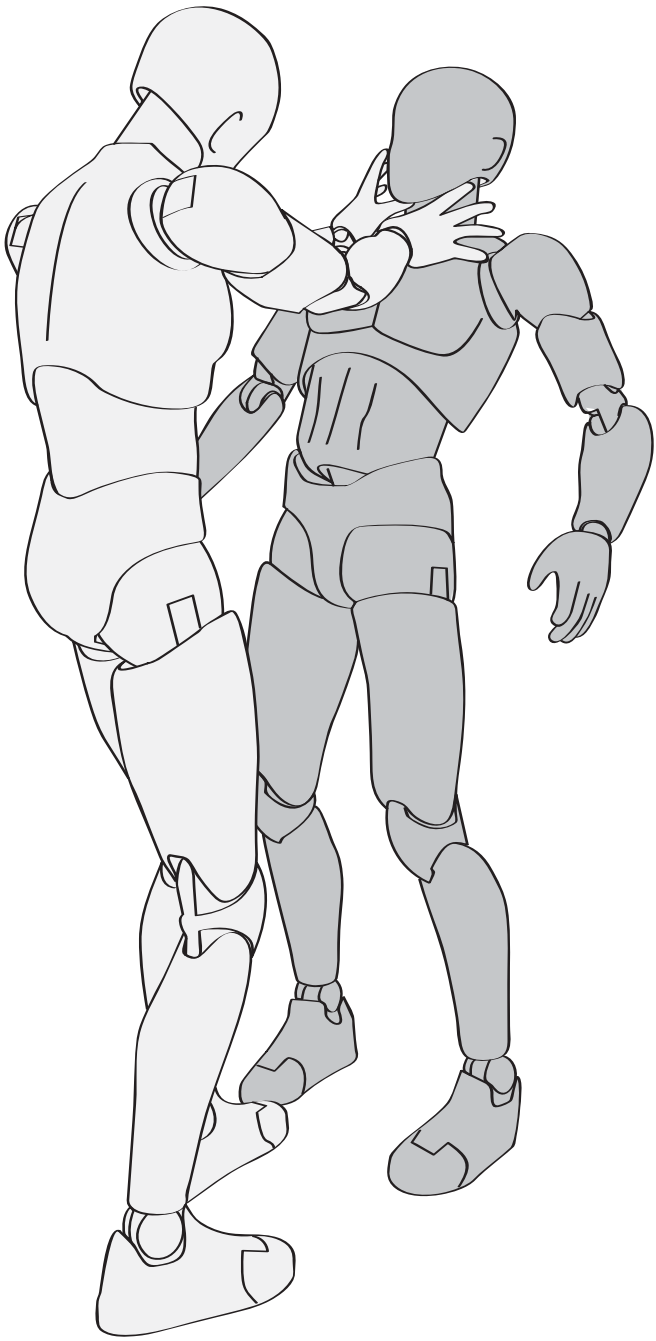
In Outward Defense Nº 7 the left forearm stays in a defense position, that means, it does not necessarily need to deflect the opponent's attack. This is because the body goes down to escape the attack line, and at the same time attacks with Boxing Strike towards the opponent's groin area.





The arm angle is equal to the first point of 360 Defense. The defense is with the forearm.

Defenses Against a Choke

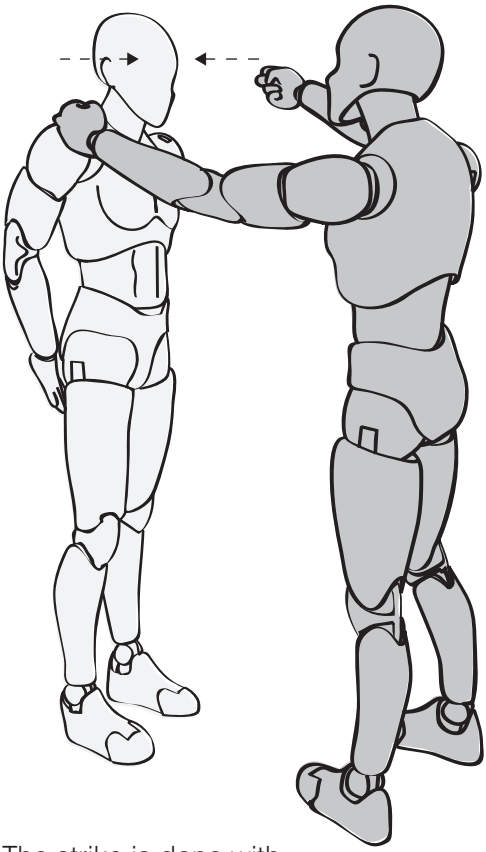


The Defenses Against a Choke from the Front are divided into two parts.

The first part with very simple and fast attack movements which has the aim of hitting the opponent's sensitive and vital points at the beginning of the aggression.

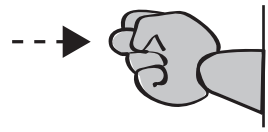
The second part is the situation in which the opponent is already strangling. The main objective of the defense is a set of movements focused on the opponent's hands release combined with sequences of attacks.

41 Defense Against a Choke from the Front Nº 1

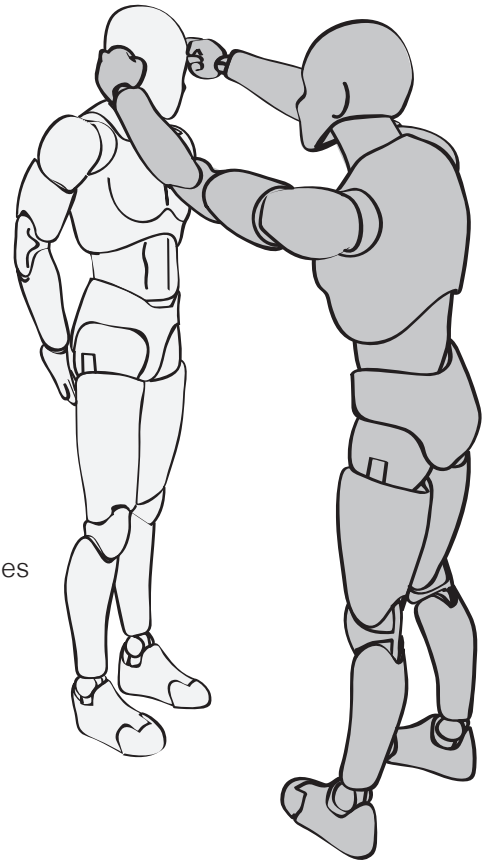


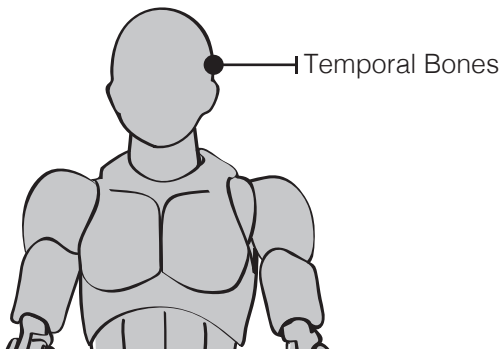
The strike is done with both hands.

The Defenses against a choke Nº 1 to Nº 11 can be done when the opponent is getting closer or is already choking. It can also be used in any kind of dangerous situation.

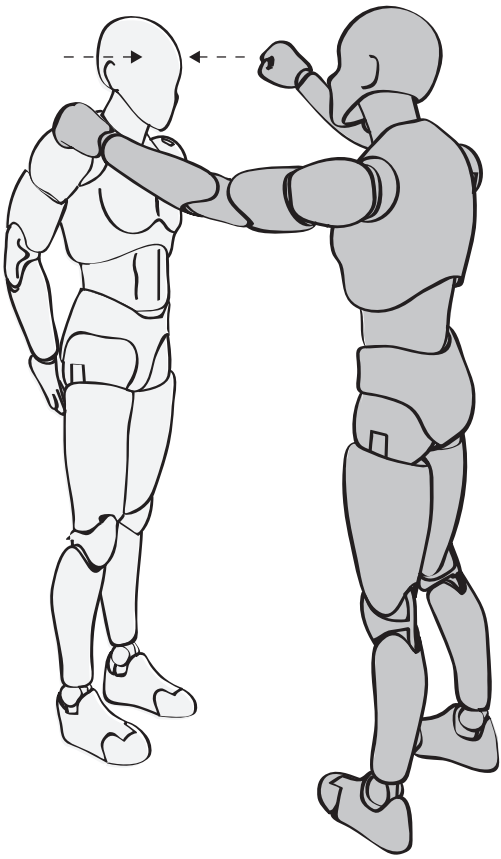


In Nº 1 the hand stays tightened up and closed, and the middle fingers hit the opponent's temporal bones.

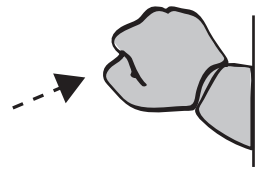




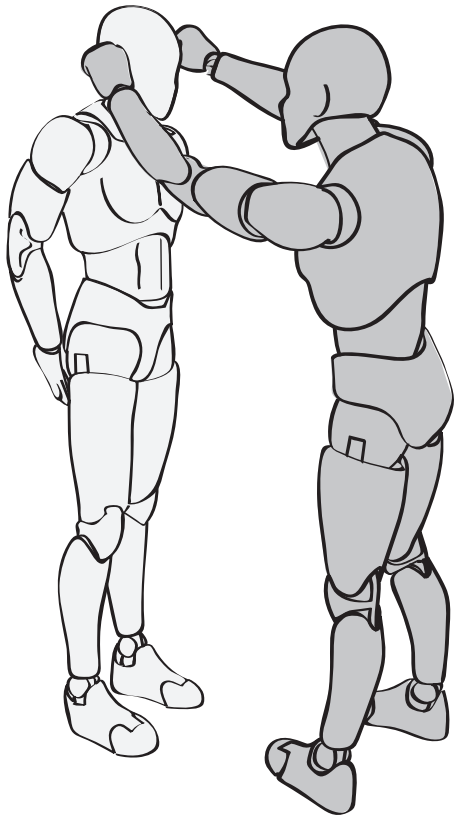
42 Defense Against a Choke from the Front Nº 2

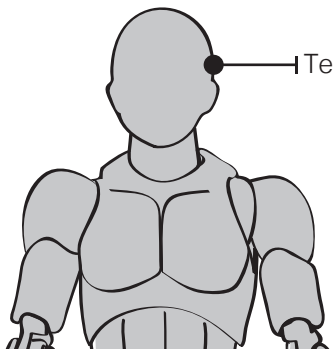


The difference between the Defense Against a Choke N° 1 and the Nº 2 is that now the thumb hits the opponent's temporal bone.

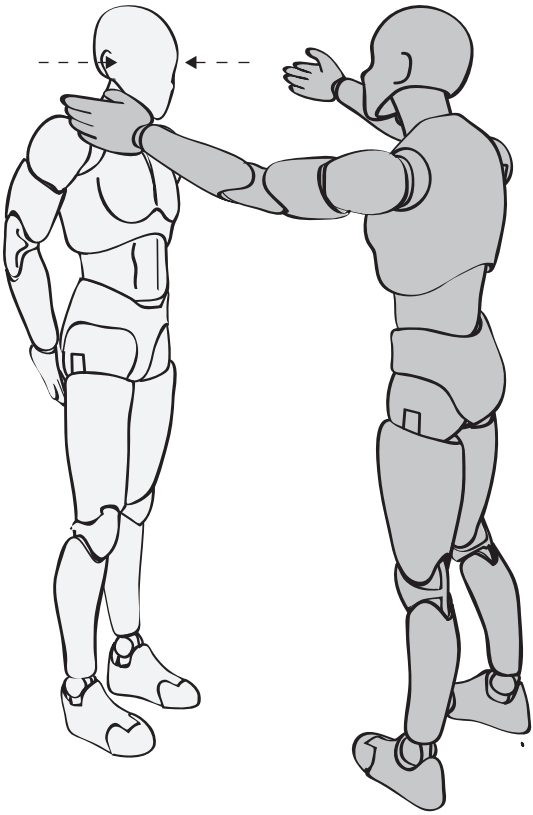


With the hand tightened up and closed, the thumb rests on the index finger.

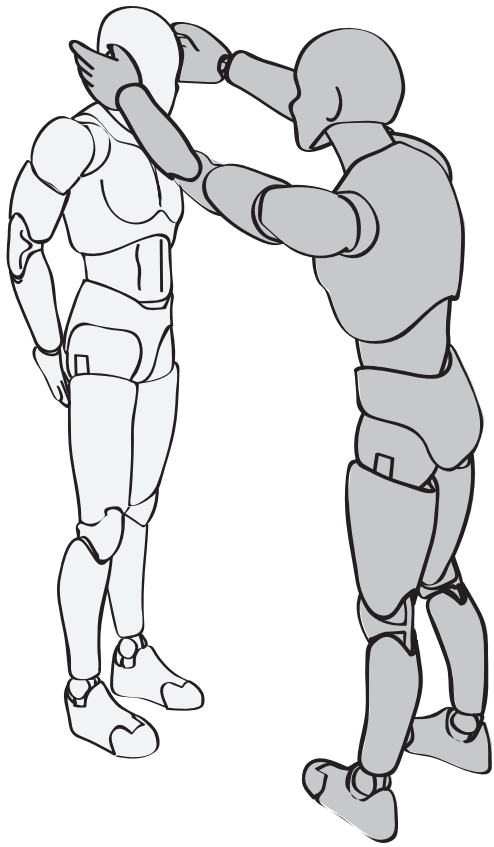


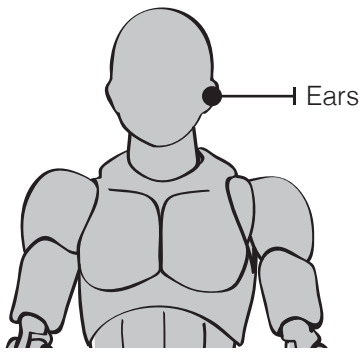


43 Defense Against a Choke from the Front Nº 3



The Defense Against a Choke N° 3 hits the opponent's ears.
The hands stay open and the palm of the hand hits the target.





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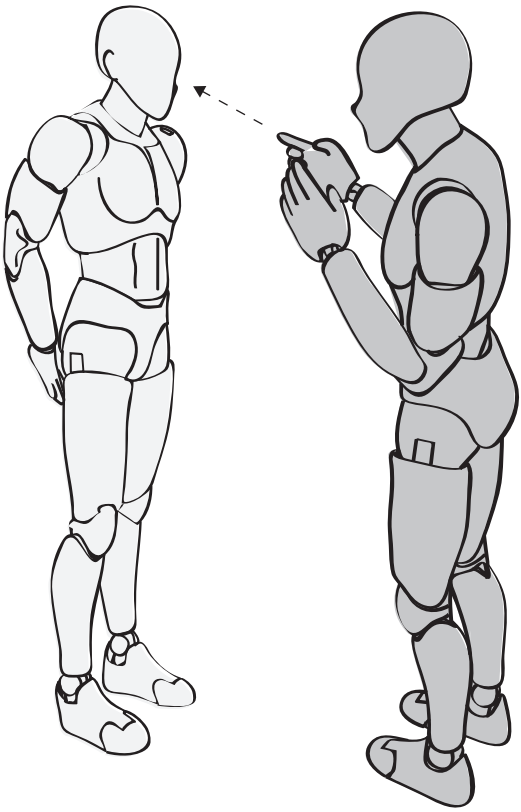
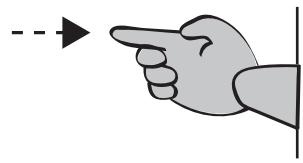
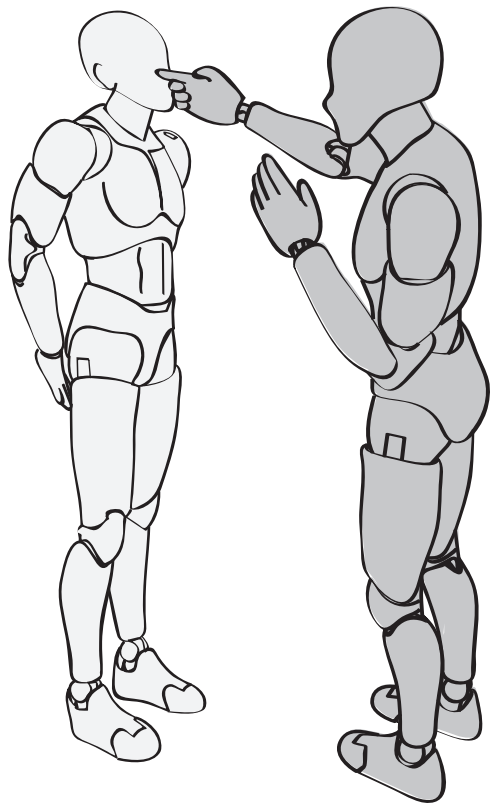
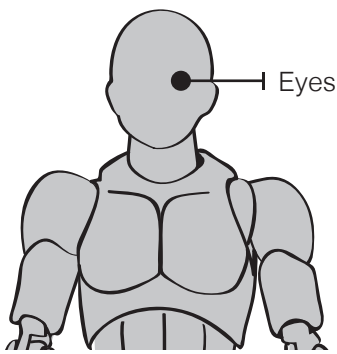
44 Defense Against a Choke from the Front Nº 4



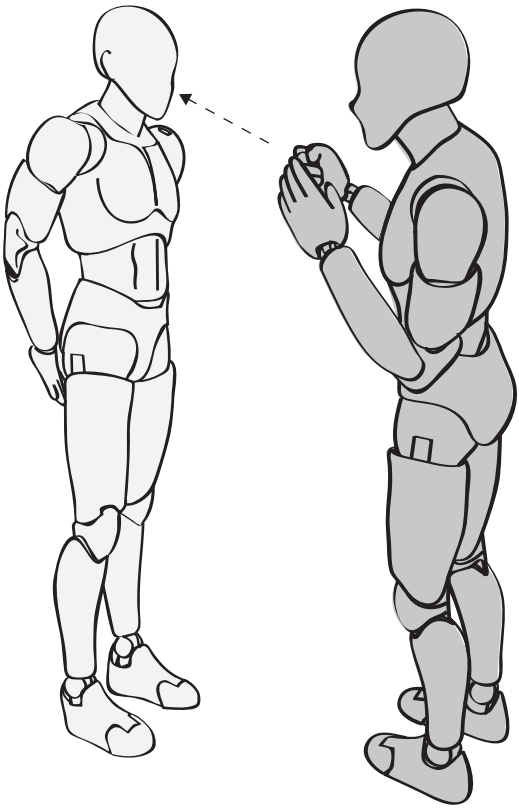
The Defense Against a Choke N° 4 hits the opponent's eyes.
The index finger rests on top of the fingers that are bent.
The thumb is also bent.



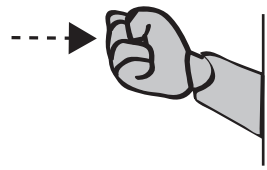


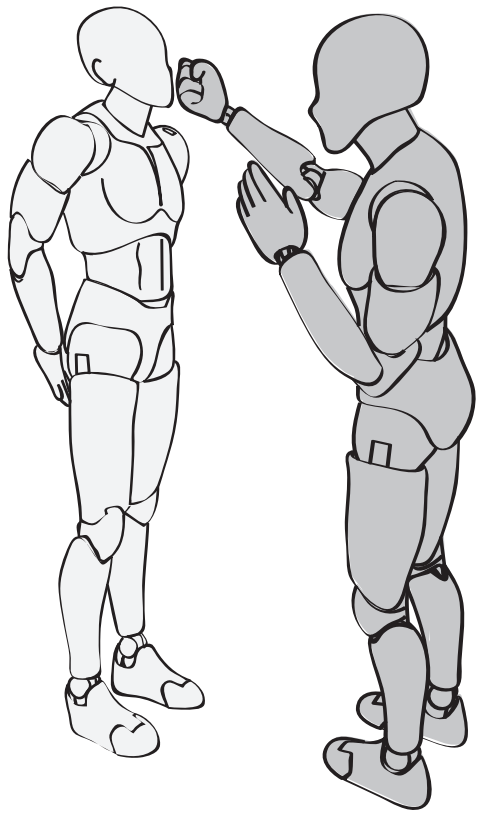


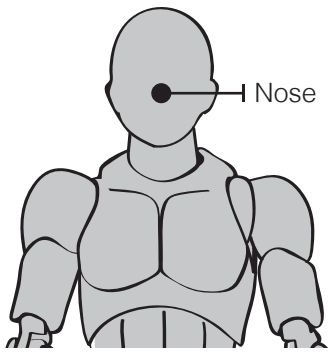
45 Defense Against a Choke from the Front Nº 5



The Defense Against a Choke N° 5 hits the opponent's nose with a Boxing Strike. The hand stays tightened up and closed.







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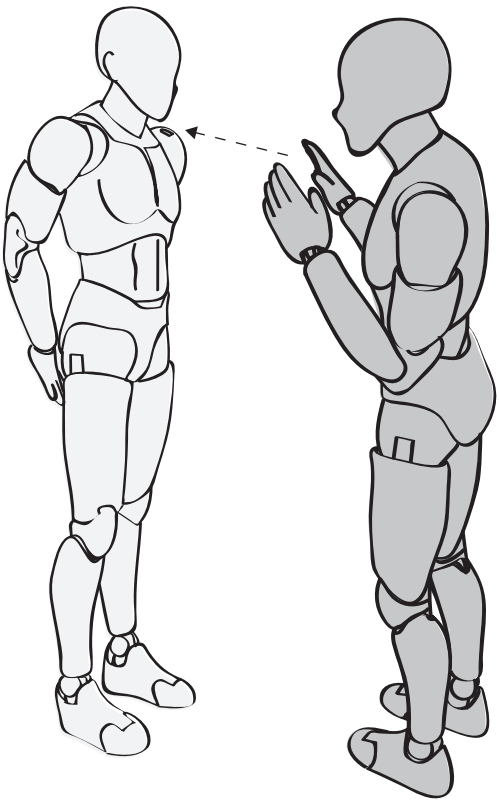
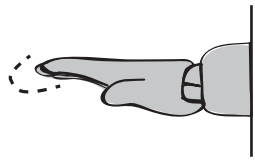
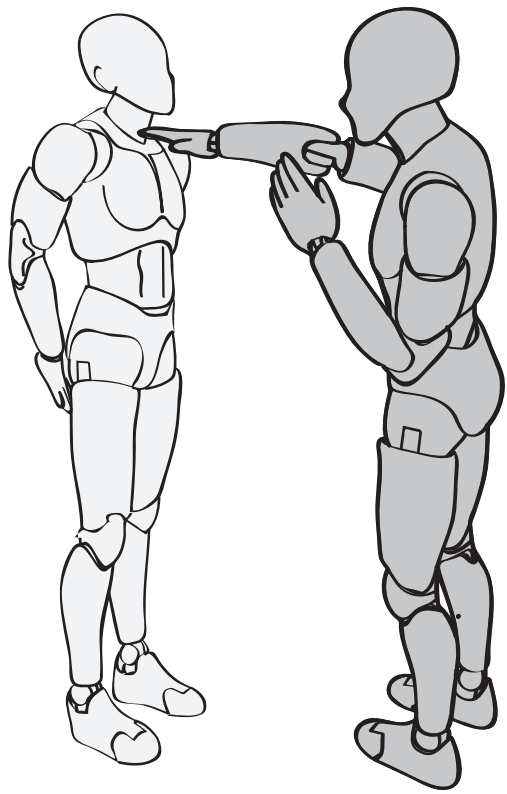
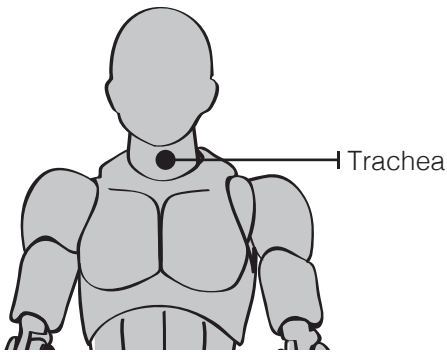
46 Defense Against a Choke from the Front Nº 6



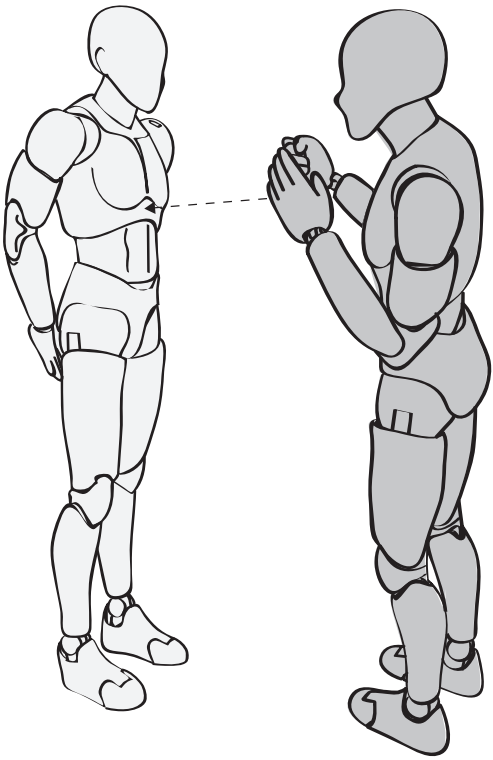
The Defense Against a Choke N° 6 hits the opponent's trachea.
The hand stays open and all the fingers together and stretched.
To tighten the hand the tip of the fingers stays down.



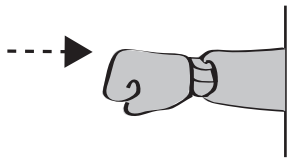


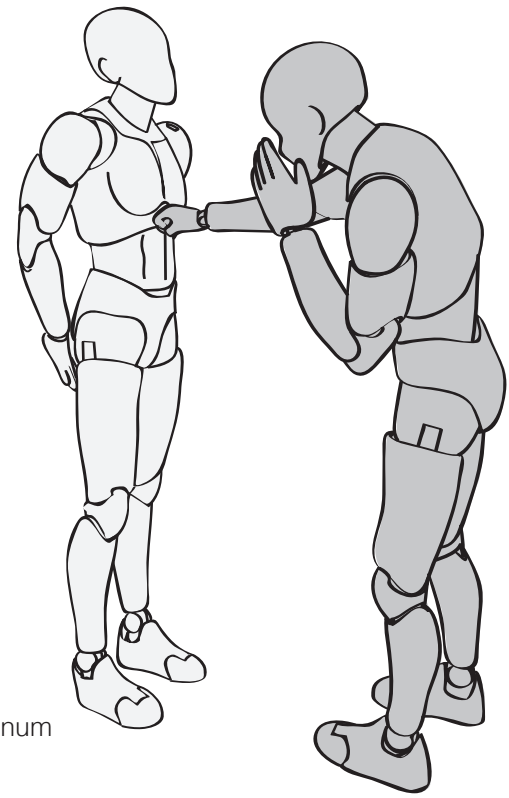


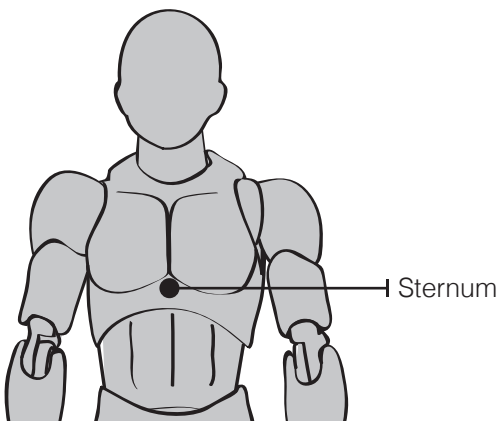
47 Defense Against a Choke from the Front Nº 7



The Defense Against a Choke N° 7 hits the opponent's sternum with a Boxing Strike in horizontal position.

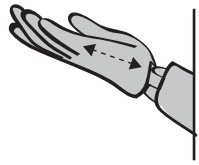




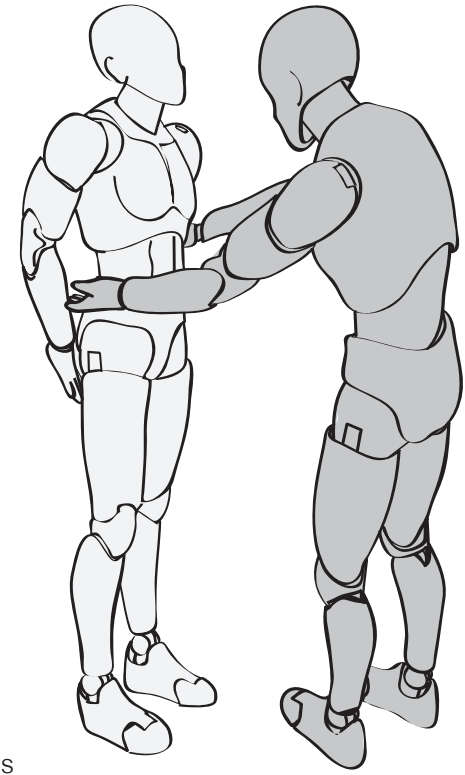


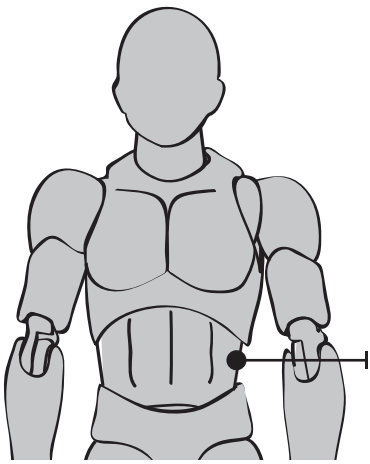
48 Defense Against a Choke from the Front Nº 8

The Defense Against a Choke N° 8 hits the opponent's ribs and kidneys area. The attack takes place on both sides simultaneously. The hand stays open and all the fingers together and stretched.

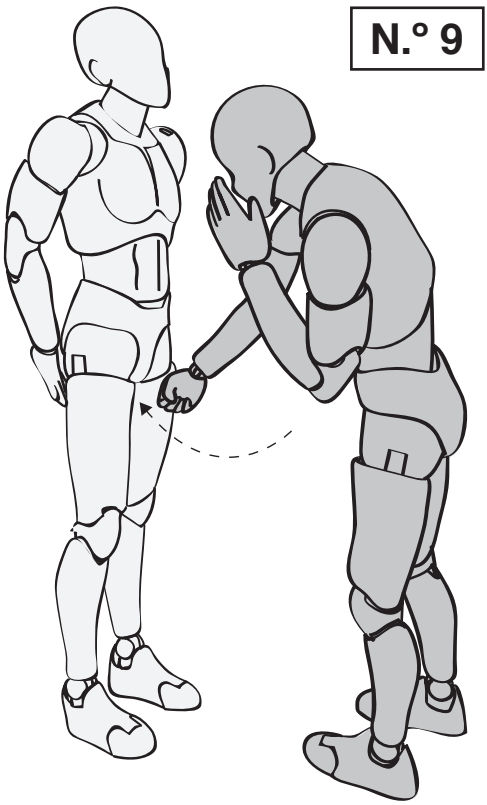


The knife-hand is the part that hits the target.

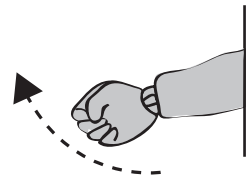




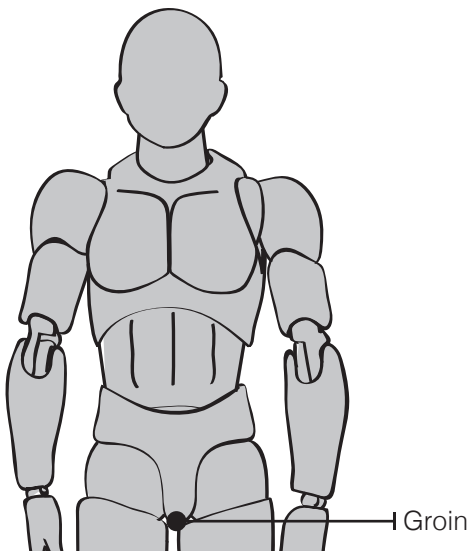
49 Defense Against a Choke from the Front Nº 9 and Nº 10



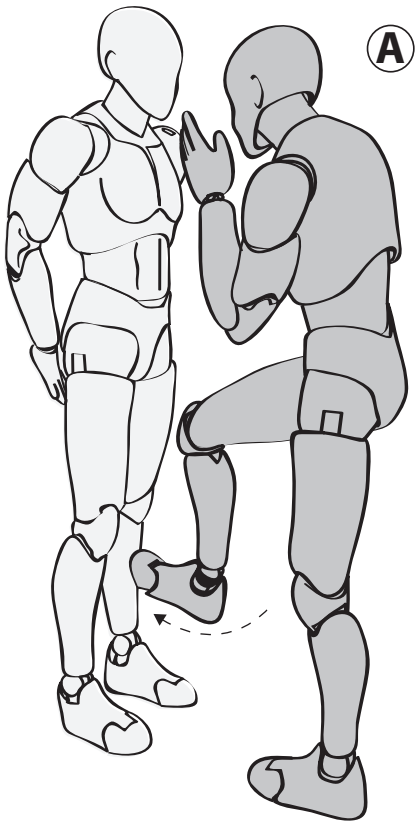
The Defense Against a Choke N° 9 hits the opponent's groin area. The movement is bottom up and it can be done with the hand closed or open.



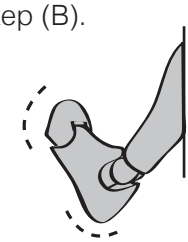
The Defense Against a Choke N° 10 is the Knee Strike that also hits the groin area, according to exercise 22.

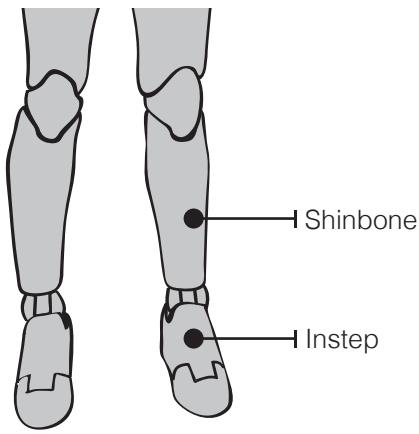


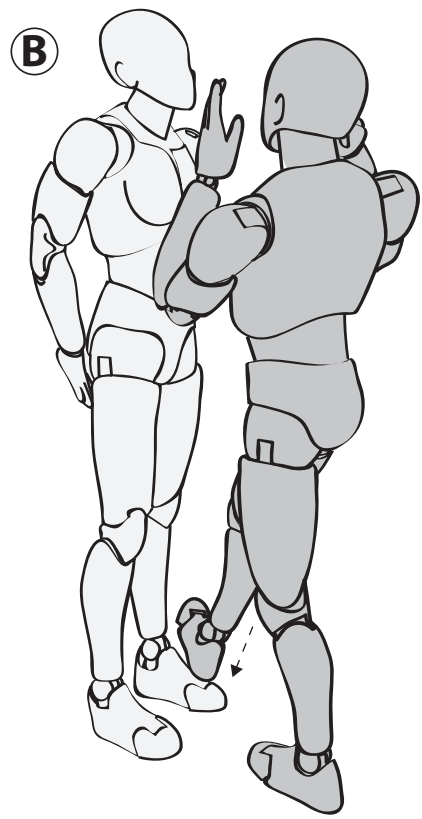
50 Defense Against a Choke from the Front Nº 11



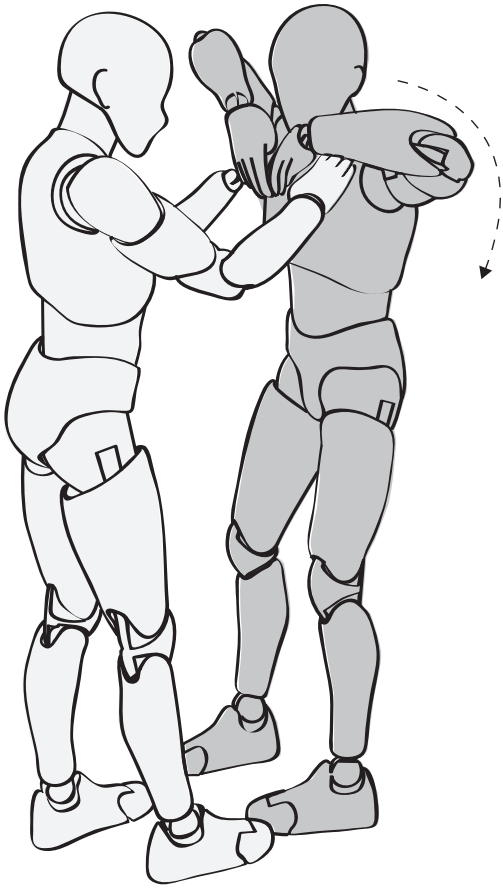
The Defense Against a Choke N° 11 is a kick that hits the shinbone (A), and in sequence, a big stomp with the heel on the opponent's instep (B).





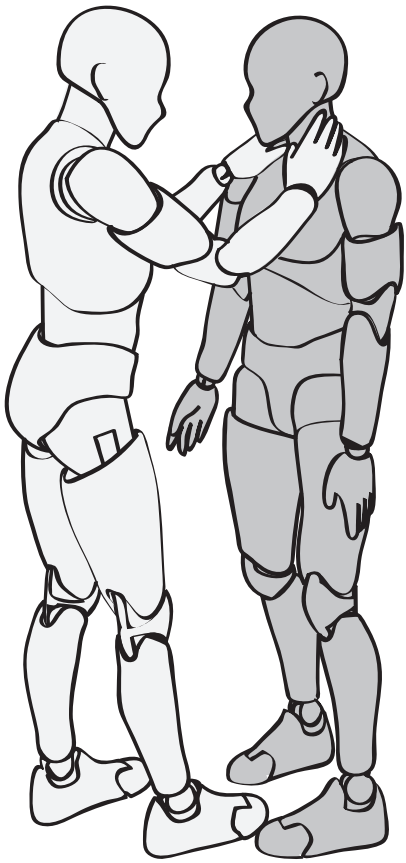


51 Defense Against a Choke from the Front Nº 12

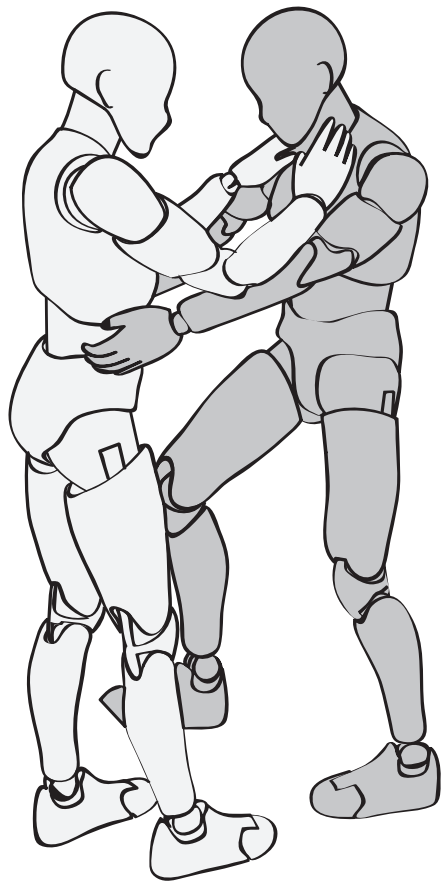


The Defense Against a Choke N° 12 is done with a lever on top of the opponent's two thumbs, and while moving the hands away, throws a Knee Strike in the opponent's groin area.

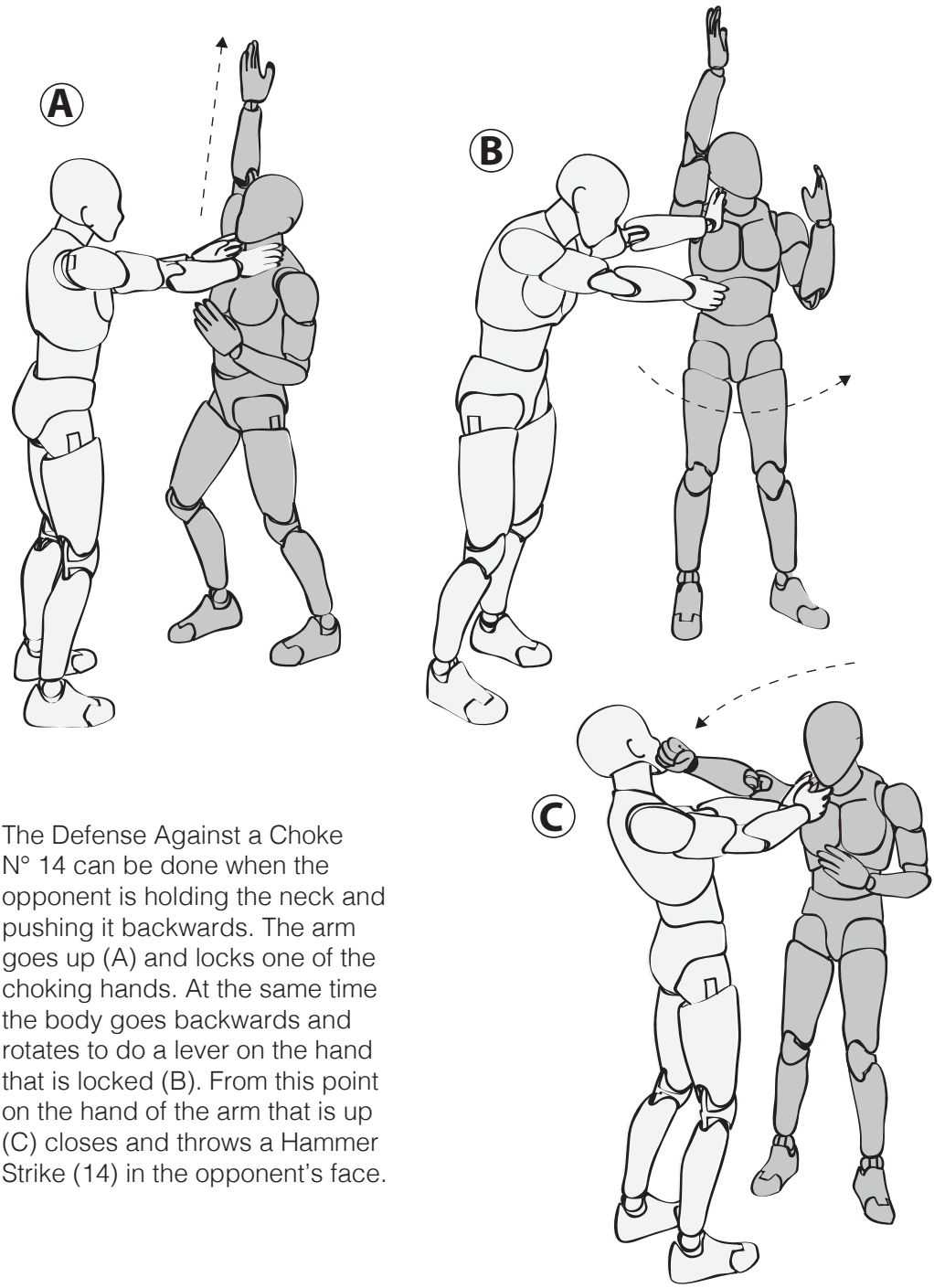
52 Defense Against a Choke from the Front Nº 13



The Defense Against a Choke N° 13 takes place at a short distance, in which the opponent is holding the neck and pulling the victim towards him/her. At this short distance the defense is done by firmly holding the waist and at the same time throwing a Knee Strikes in the opponent's groin area.

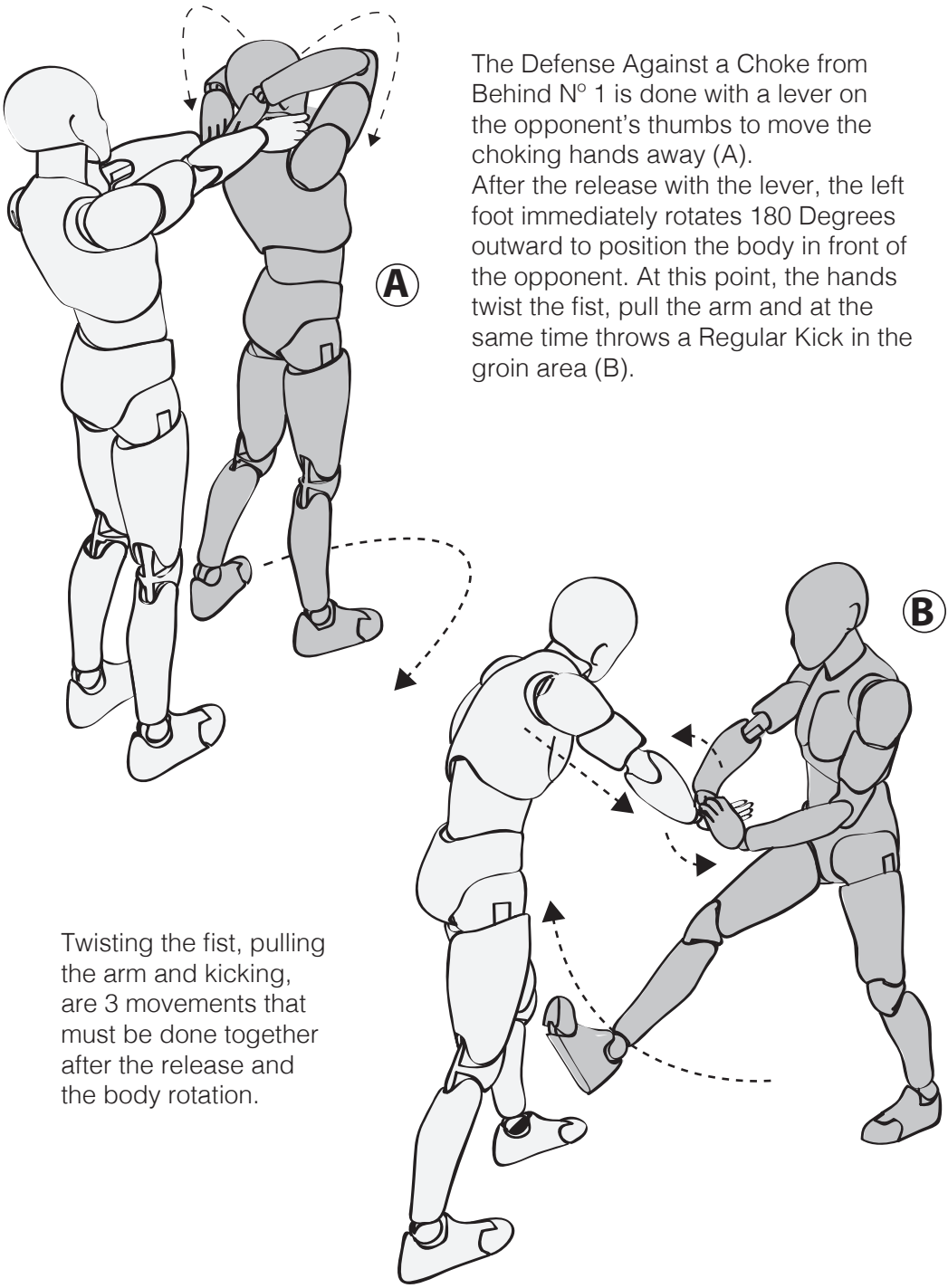


53 Defense Against a Choke from the Front Nº 14



The Defense Against a Choke N° 14 can be done when the opponent is holding the neck and pushing it backwards. The arm goes up (A) and locks one of the choking hands. At the same time the body goes backwards and rotates to do a lever on the hand that is locked (B). From this point on the hand of the arm that is up (C) closes and throws a Hammer Strike (14) in the opponent's face.

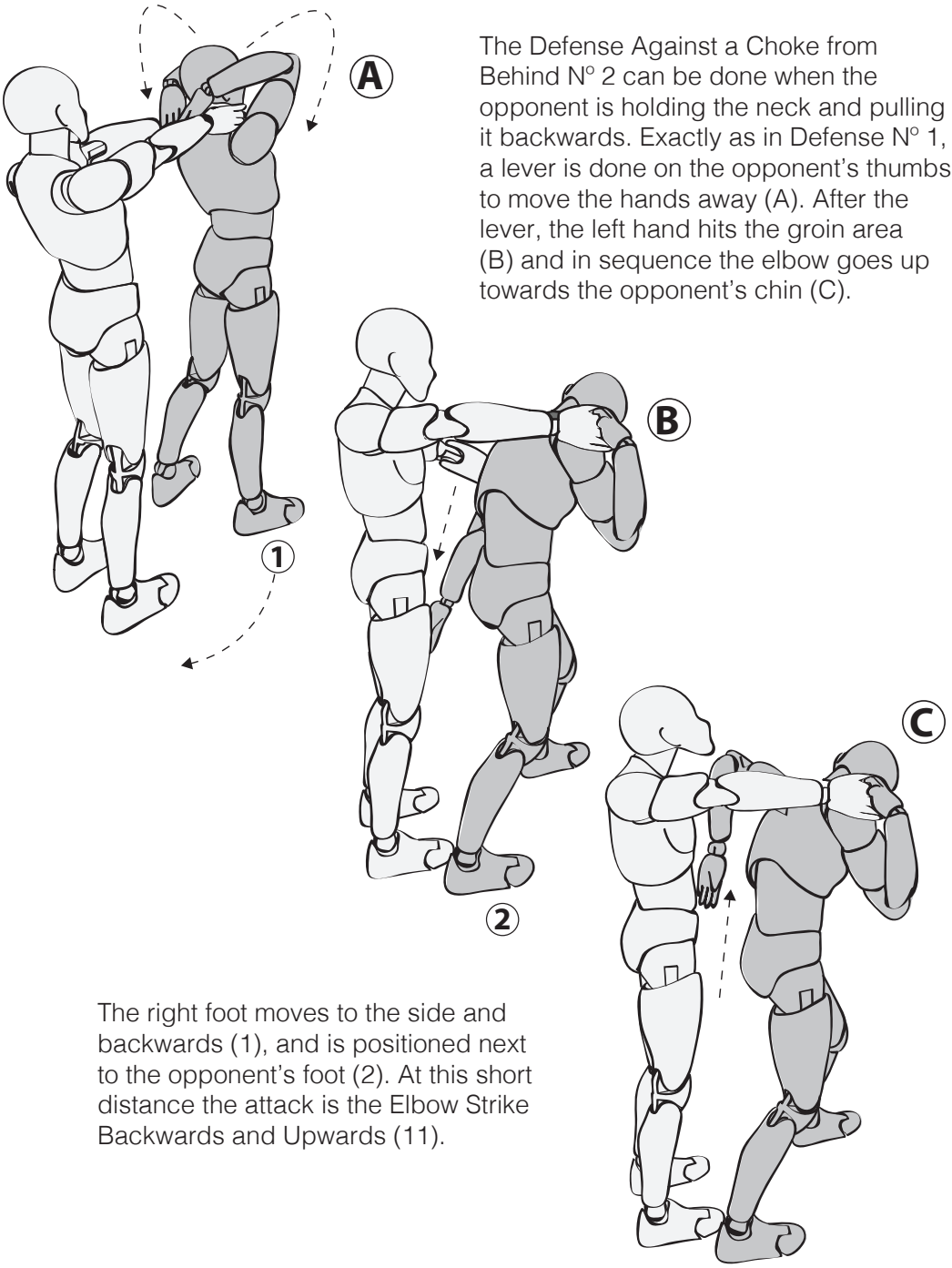
54 Defense Against a Choke from Behind Nº 1



The Defense Against a Choke from Behind Nº 1 is done with a lever on the opponent's thumbs to move the choking hands away (A).
After the release with the lever, the left foot immediately rotates 180 Degrees outward to position the body in front of the opponent. At this point, the hands twist the fist, pull the arm and at the same time throws a Regular Kick in the groin area (B).

Twisting the fist, pulling the arm and kicking, are 3 movements that must be done together after the release and the body rotation.

55 Defense Against a Choke from Behind Nº 2

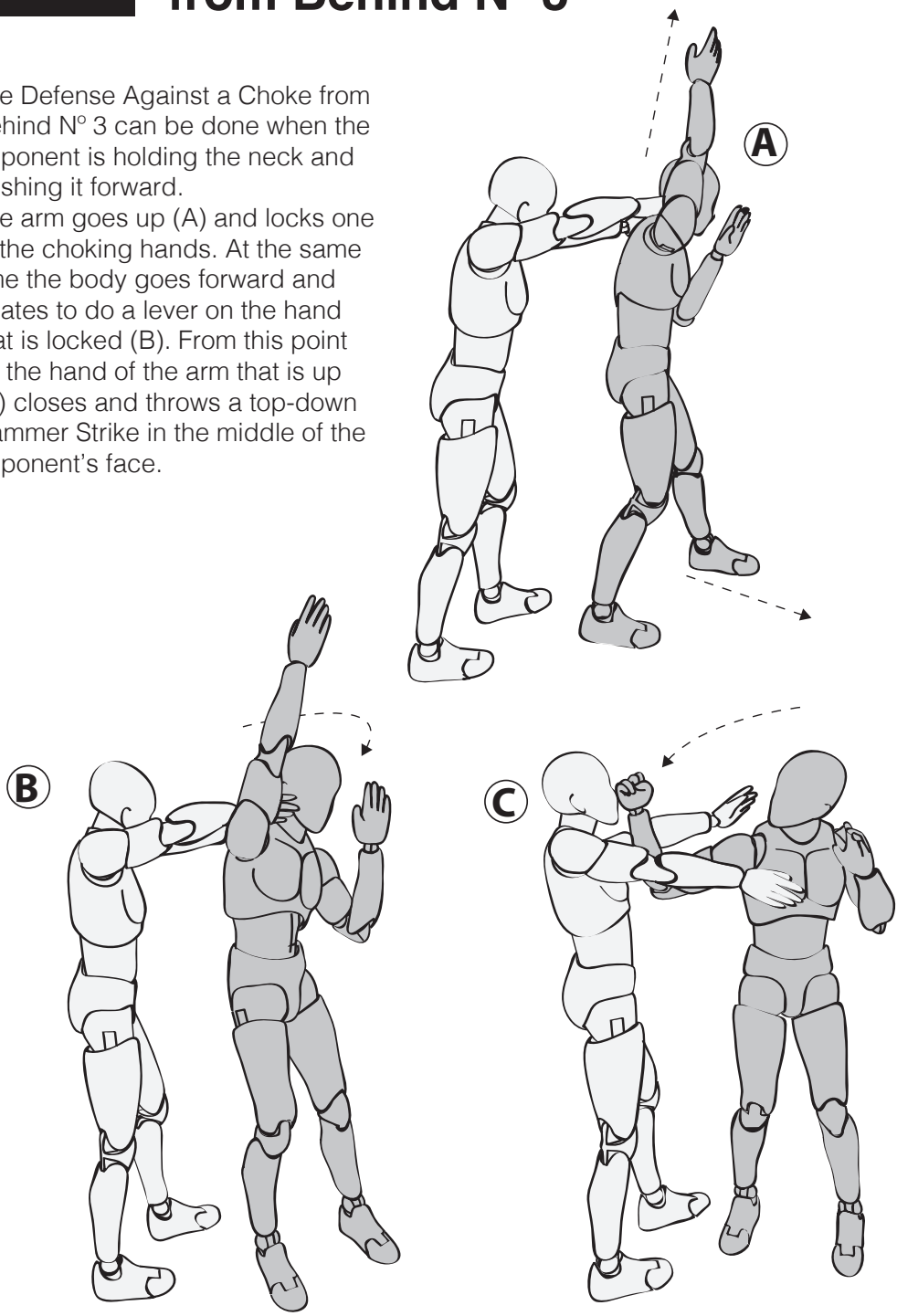


The Defense Against a Choke from Behind Nº 2 can be done when the opponent is holding the neck and pulling it backwards. Exactly as in Defense Nº 1, a lever is done on the opponent's thumbs to move the hands away (A). After the lever, the left hand hits the groin area (B) and in sequence the elbow goes up towards the opponent's chin (C).

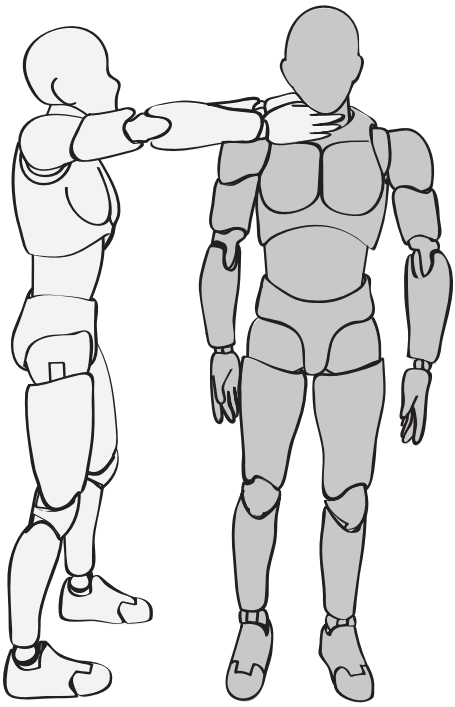
The right foot moves to the side and backwards (1), and is positioned next to the opponent's foot (2). At this short distance the attack is the Elbow Strike Backwards and Upwards (11).

56 Defense Against a Choke from Behind Nº 3

The Defense Against a Choke from Behind Nº 3 can be done when the opponent is holding the neck and pushing it forward.
The arm goes up (A) and locks one of the choking hands. At the same time the body goes forward and rotates to do a lever on the hand that is locked (B). From this point on the hand of the arm that is up (C) closes and throws a top-down Hammer Strike in the middle of the opponent's face.

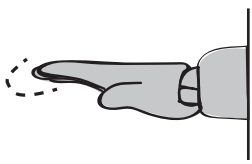


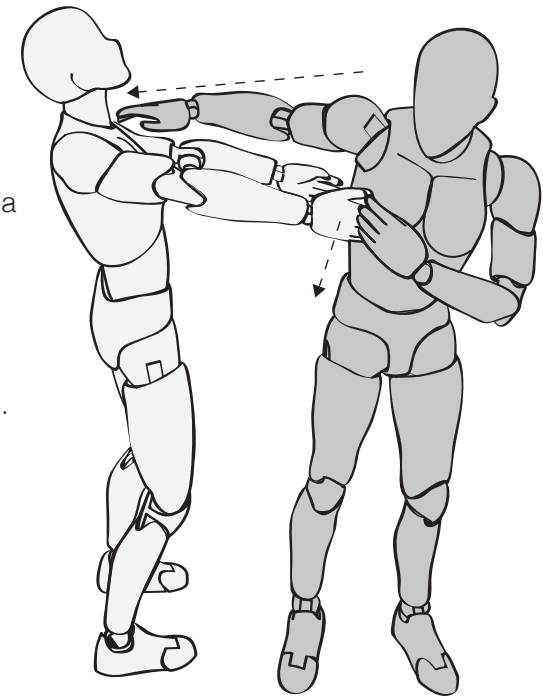
57 Defense Against a Choke from the Side Nº 1



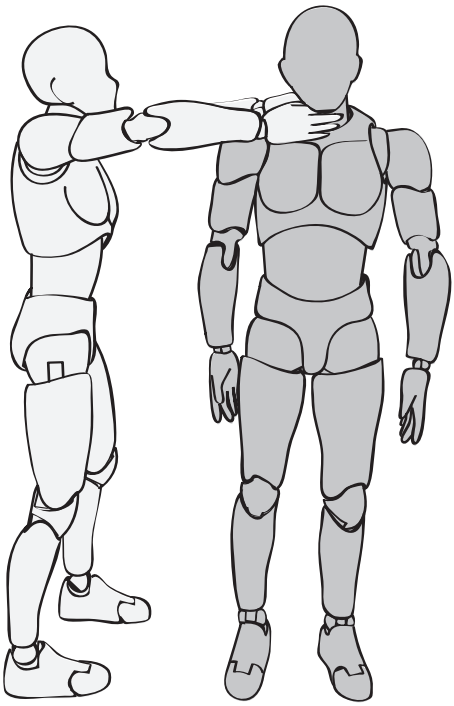
The Defense Against a Choke from the Side N° 1 is done with a lever on top of the thumb of one of the opponent's hands. While moving away one of the hands, a strike is thrown in the opponent's trachea.

The hand position for the trachea strike is similar to the Defense Against a Choke from the Front N° 6. The hand stays open and all the fingers together and stretched. To tighten the hand the tip of the fingers stays down.

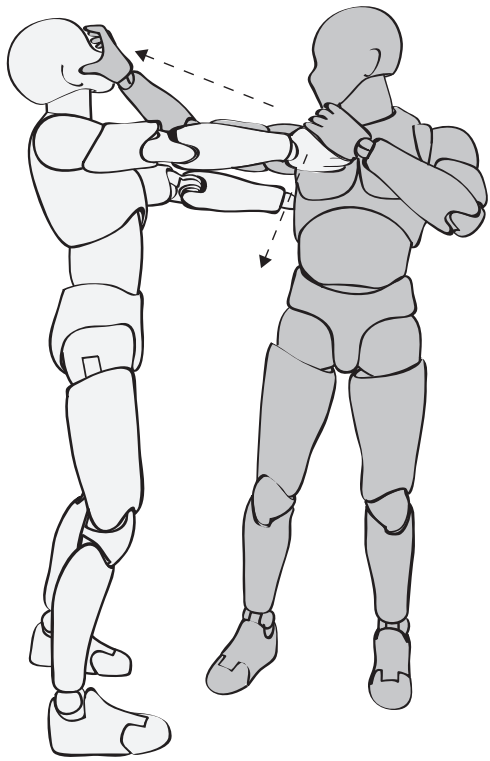




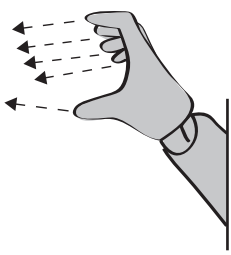
58 Defense Against a Choke from the Side Nº 2



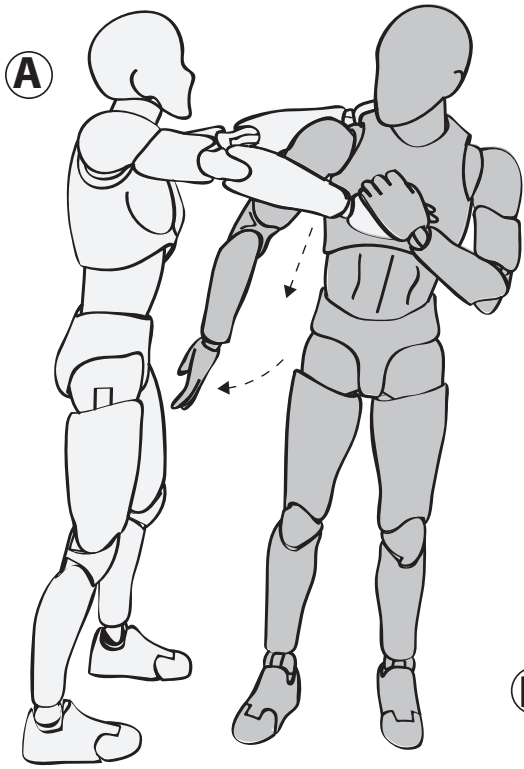
The Defense Against a Choke from the Side Nº 2 is almost the same as the previous one. It is also done with a lever on top of the thumb of one of the opponent's hands. The difference is that while moving away now the palm of the hand and the fingers are thrown in the middle of the opponent's face.



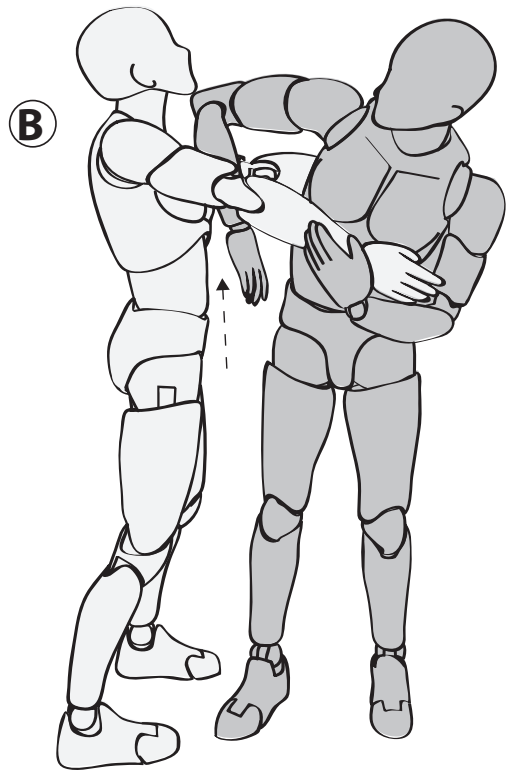
The hand tightened up and rigid, with the fingers bent forward, hits sensitive points of the opponent's face, like nose and eyes.



59 Defense Against a Choke from the Side Nº 3

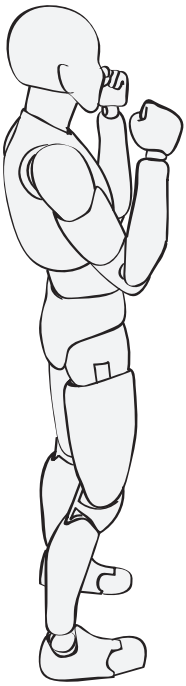


The Defense Against a Choke from the Side Nº 3 is also done with a lever on top of the thumb of one of the opponent's hands. While one of the hands moves away (A), the other one hits the groin area and in sequence the elbow goes up towards the opponent's chin (B).

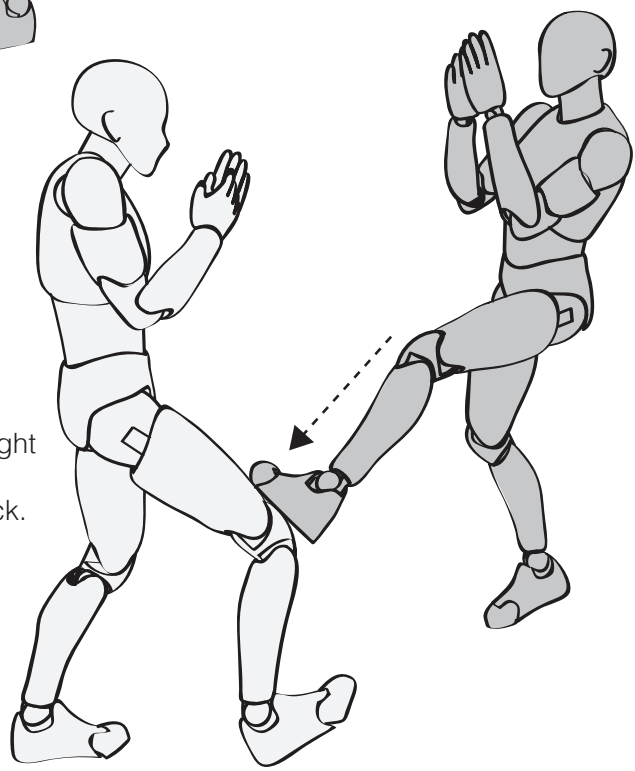


The strike in the opponent's groin area is done with the palm of the hand open and from this point on the elbow goes up straight to the chin.

60 Defense Against a Regular Kick Nº 1

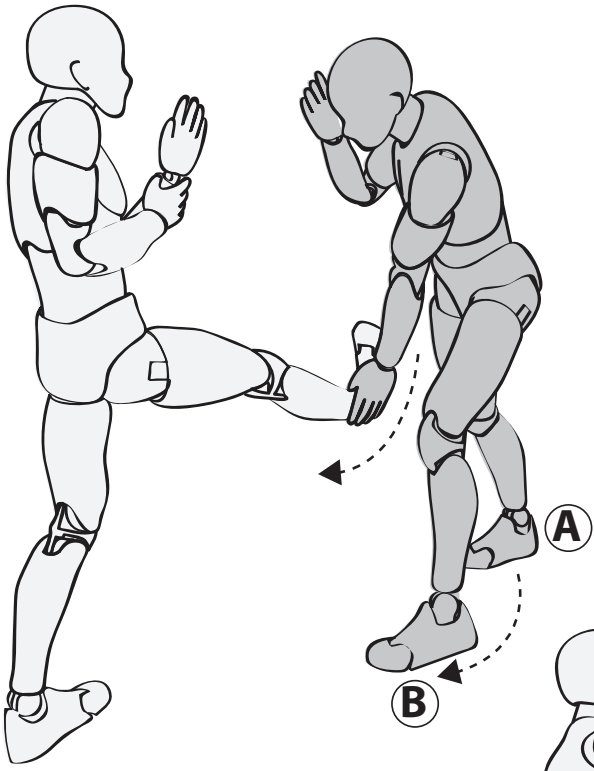


The Defense Against a Regular Kick Nº 1 blocks the beginning of the kick with a Heel Kick to the opponent's knee.

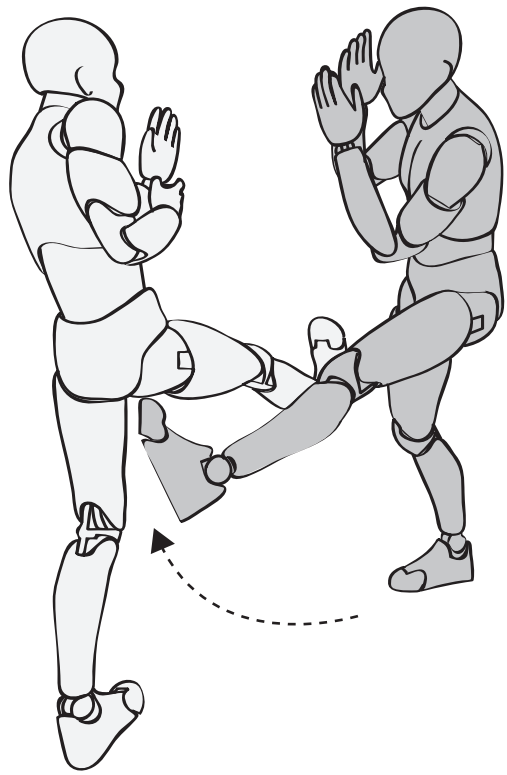


The blocking is done right at the beginning of the opponent's Regular Kick.

61 Defense Against a Regular Kick Nº 2

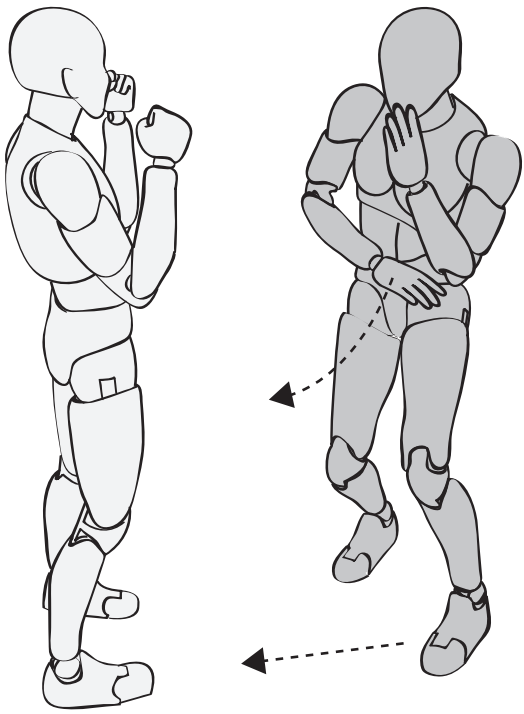


The Defense Against a Regular Kick Nº 2 deflects the kick with the forearm or the palm of the hand. The deflection is done together with the body weight transfer. At the same time of the deflection, the right foot (A) goes to the place where the left foot is (B). During this transition, a Left Regular Kick is thrown between the opponent's legs.

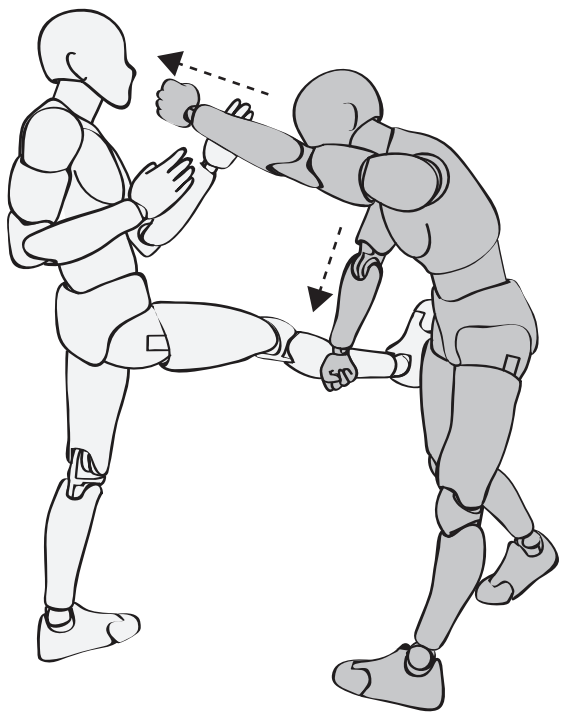


The deflection and the kick take place almost at the same time.

62 Defense Against a Regular Kick Nº 3

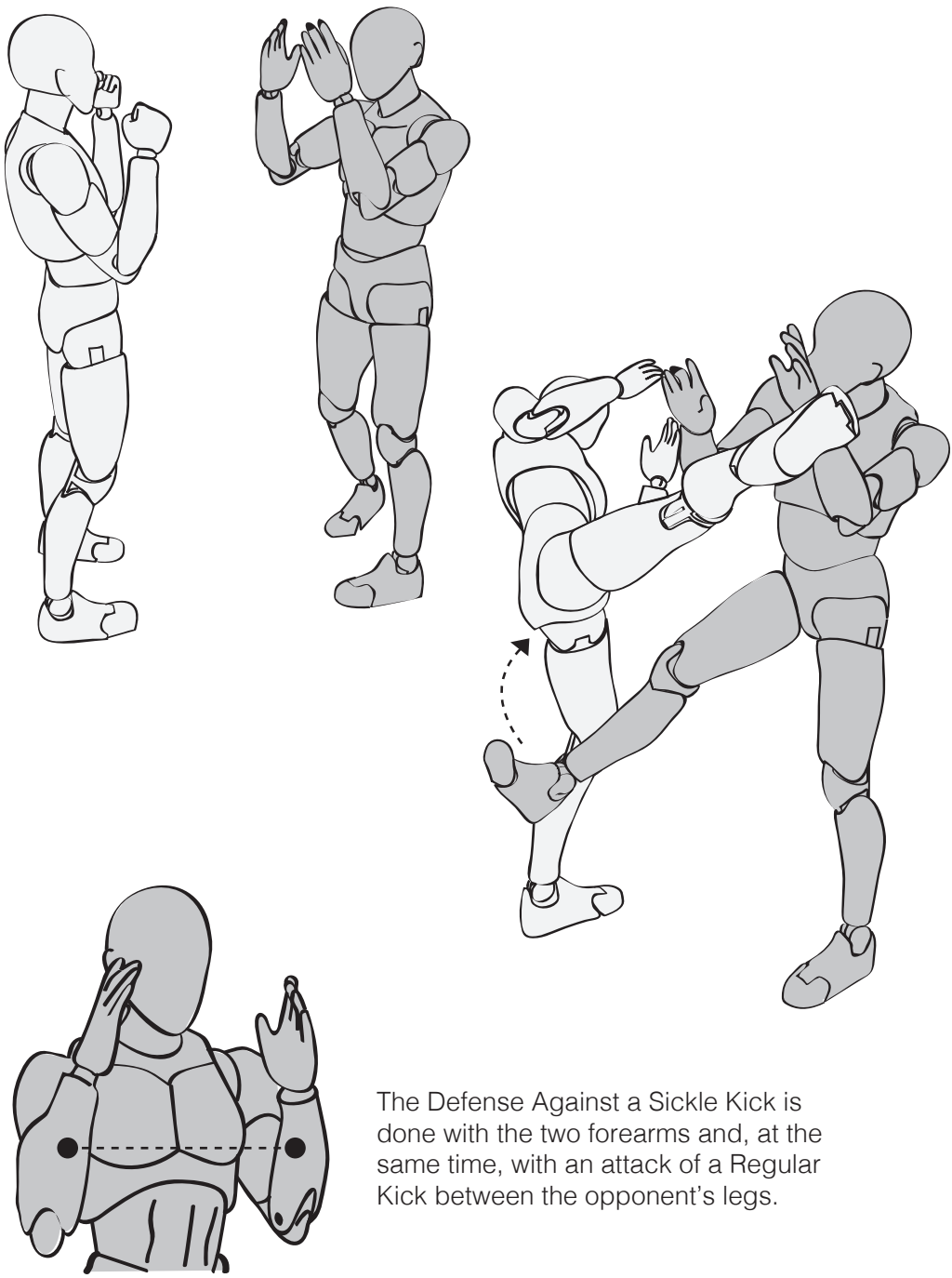


The defense stance can be the Regular Stance or a little different; in which the right hand stays below the elbow. The Defense Against a Regular Kick Nº 3 deflects the opponent's kick with the back of the hand or forearm. At the same time, the other arm attacks with a Boxing Strike towards the center of the face.



The hand stays tightened up and closed at the time the kick is deflected.

63 Defense Against a Sickle Kick



The Defense Against a Sickle Kick is done with the two forearms and, at the same time, with an attack of a Regular Kick between the opponent's legs.

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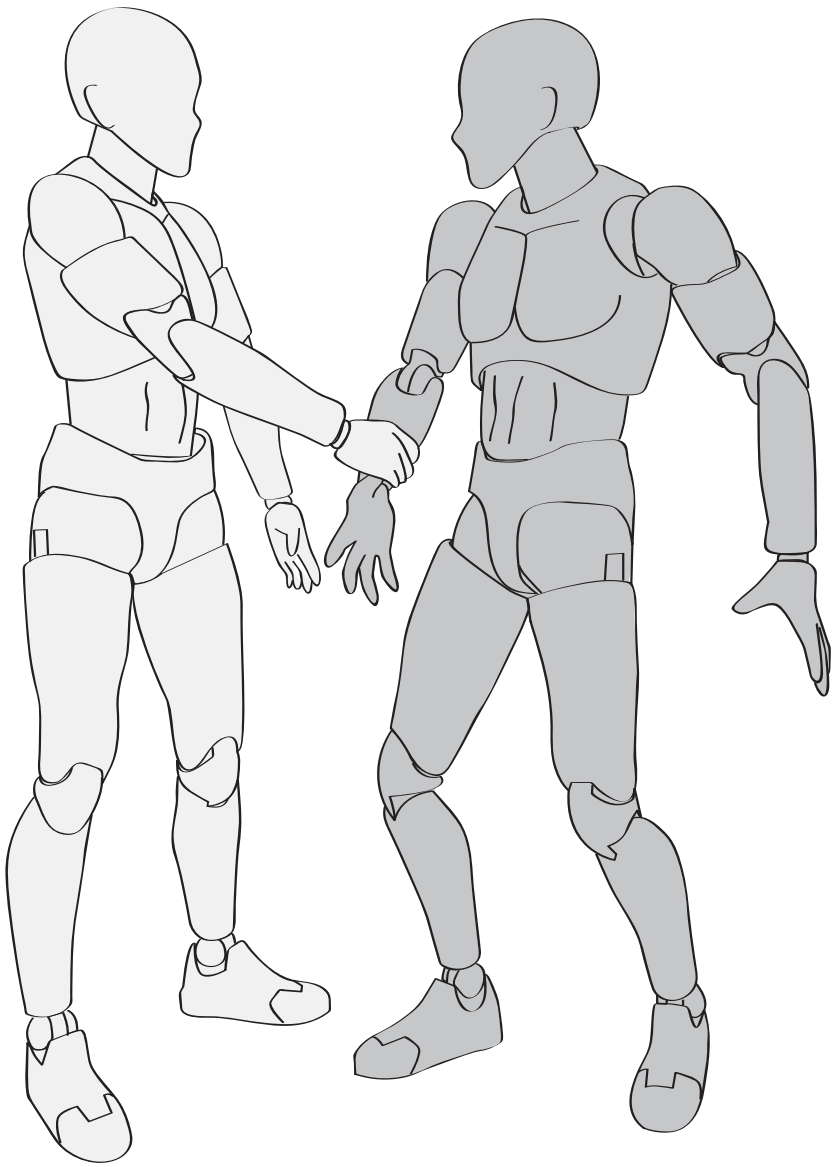
64 Defense Against an Outward Sickle Kick

The Defense Against an Outward Sickle Kick takes place at a short distance. To get closer to the opponent it is necessary to give one step forward and point the shoulder towards the leg to block the kick.

Then, right after the block, the left arm positioned downwards locks the opponent's leg. At the same time, attacks of Right Elbow Strike Forward towards the opponent's face are performed.

Hand Releases

All the following Hand Releases deal with a situation in which the opponent still does not represent danger, as he/she is only holding one or two arms.
The movement must be done as fast as possible, before the situation changes. If necessary, it is possible to do a sequence of attacks after the release.



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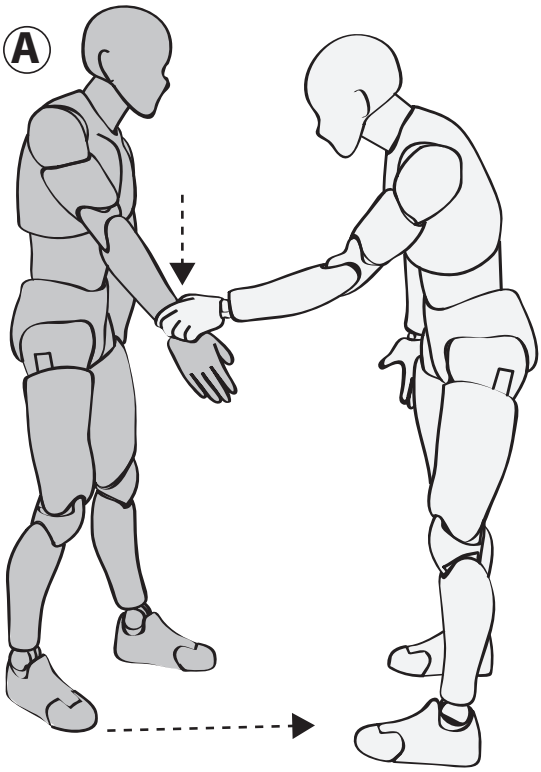
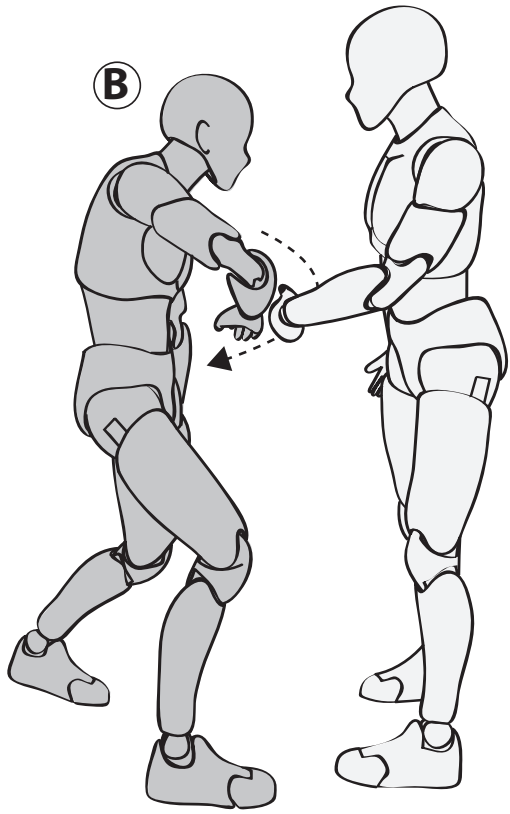
65 Hand Release Nº 1

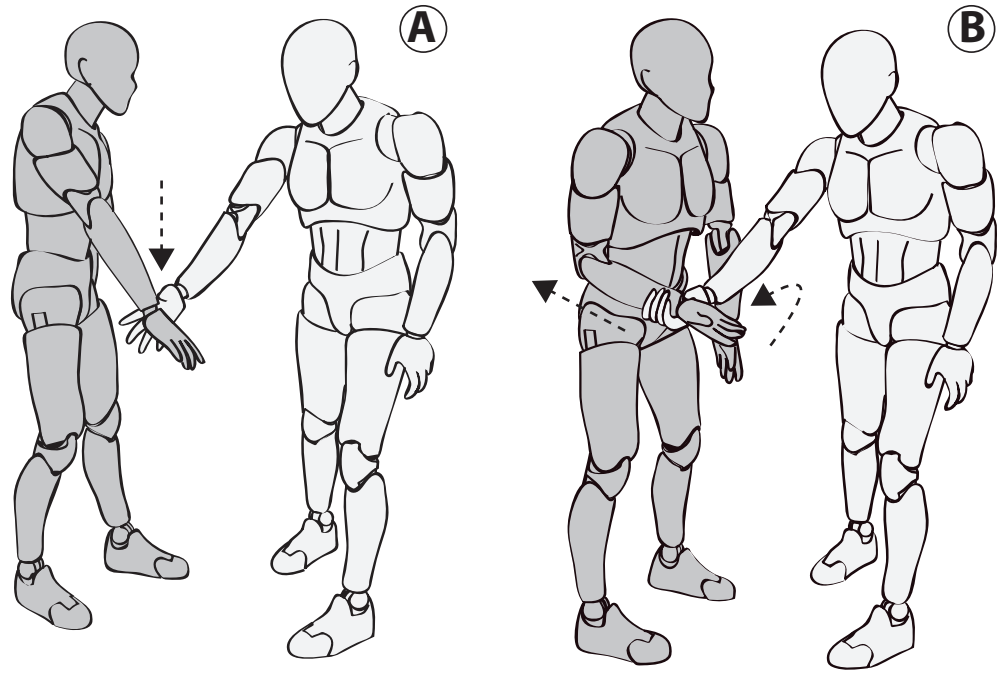


In this situation, the opponent is holding the right arm with his/her left hand (A). To do the Hand Release Nº 1 the hand stays wide open to tighten the hand and arm muscles. The palm of the hand must rotate downwards and do an inward circular movement.

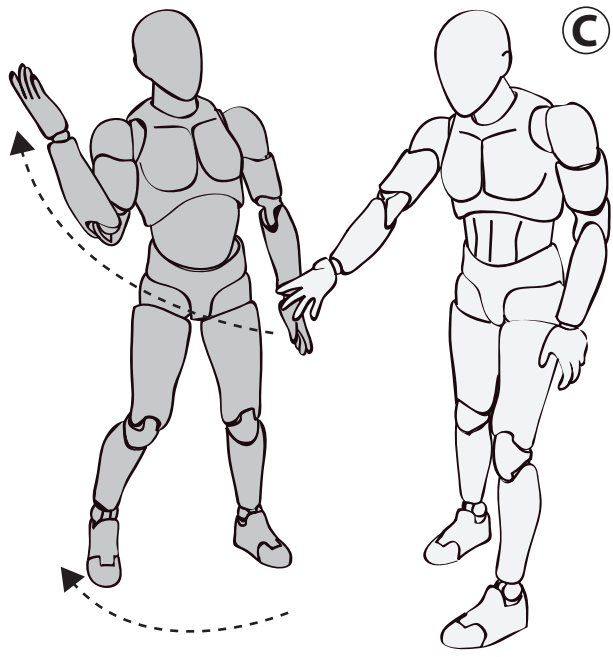


This whole movement is done with a right foot step forward, to transfer the body weight over the opponent's grab (B). As a result, a lever is done over the opponent's thumb.

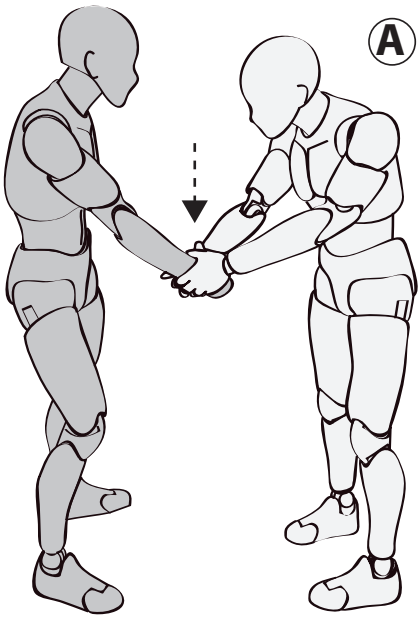
66 Hand Release Nº 2

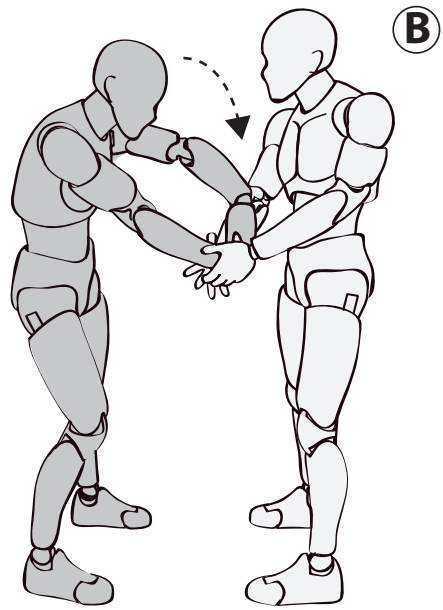


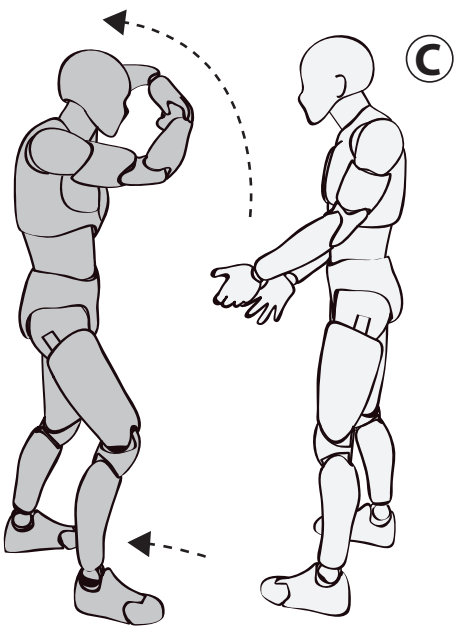
In this situation, the opponent is holding the right arm with his/her right hand (A). To do the Hand Release Nº 2 the hand stays wide open to tighten the hand and arm muscles. The palm of the hand must rotate upwards, and the elbow must touch or get closer to the body (B). With the elbow next to the body and the hand open, it is done a circular movement outward. This whole movement is performed with a right foot step backwards, to transfer the body weight over the opponent's grab (C).



67 Hand Release Nº 3

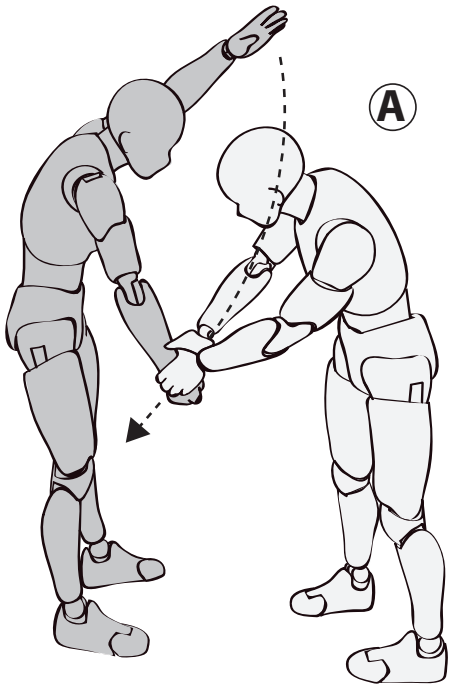


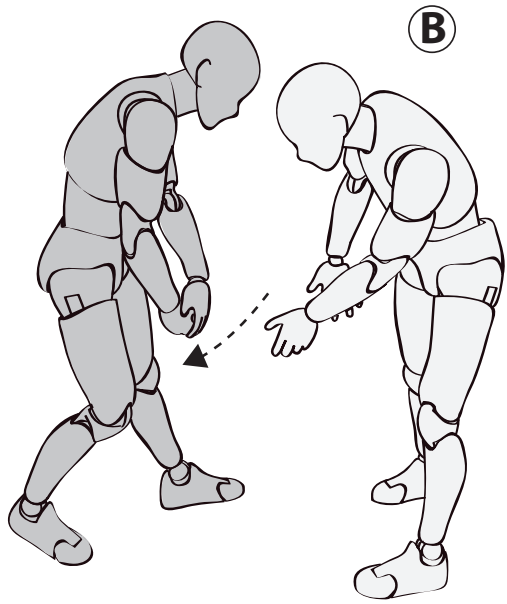




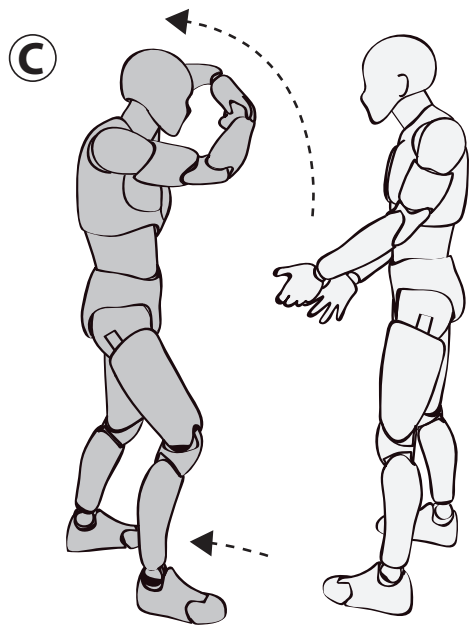
In this situation, the opponent is holding the right arm with his/her both hands and pulling it backwards (A). To do the Hand Release Nº 3 the right hand (the one that is locked) stays tightened up and closed, and the left hand comes from above and between the opponent's arms to hold from below the hand that is locked (B). Now a lever is done to get out, pulling it upward and backwards. The body weight helps the release movement by moving the left leg behind.

68 Hand Release Nº 4

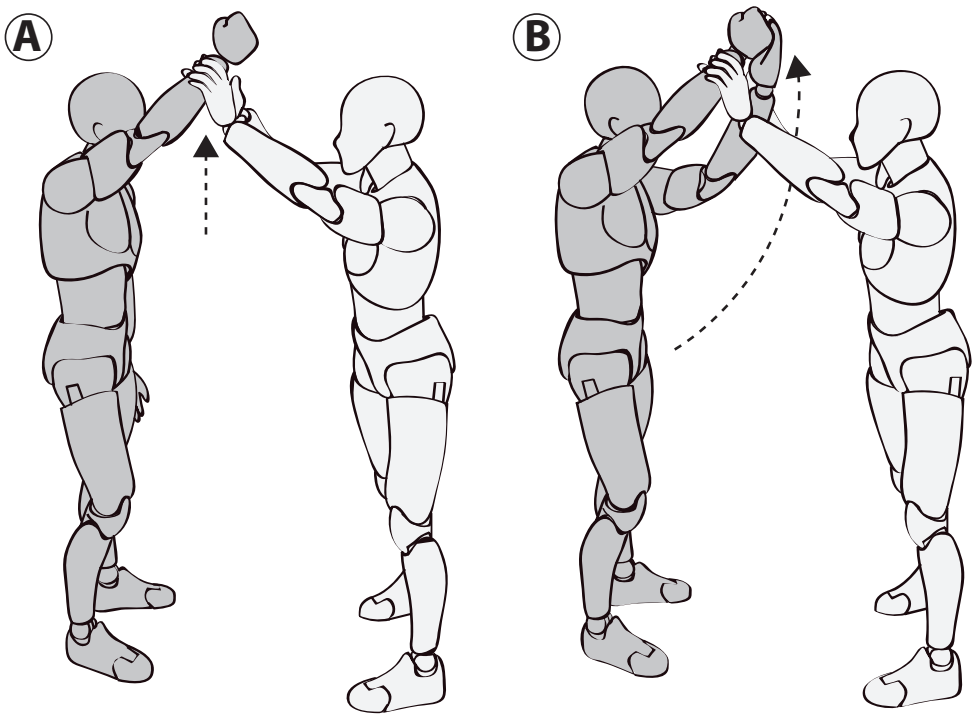




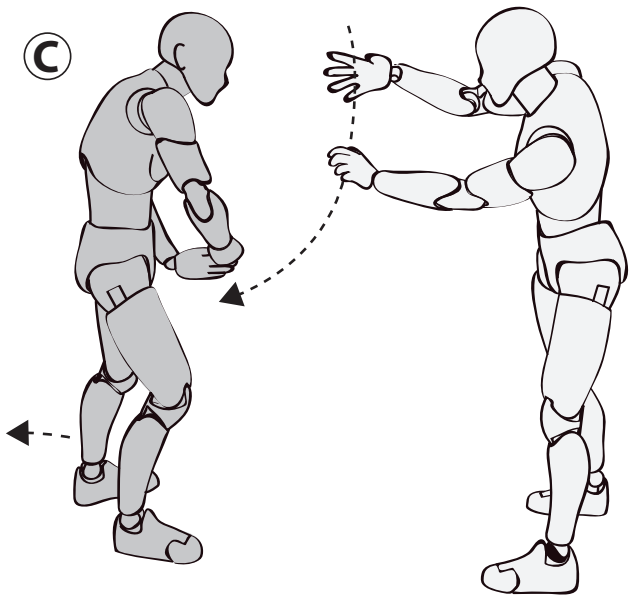
In this case, the opponent is holding with his/her both hands the same as Nº 3. The difference is that, now he/she is also putting his weight on it. This causes the arms to be stretched downwards. To do the Hand Release Nº 4 the right hand (the one that is locked) stays tightened up and closed, the left hand comes from high above and hits hand that is locked to transfer the impact weight downwards (B). At this moment, no matter if the hand is released or not, the release finishes the same way as Nº 3, pulling the arm upward and backwards (C). The body weight helps the release movement by moving the left leg behind.



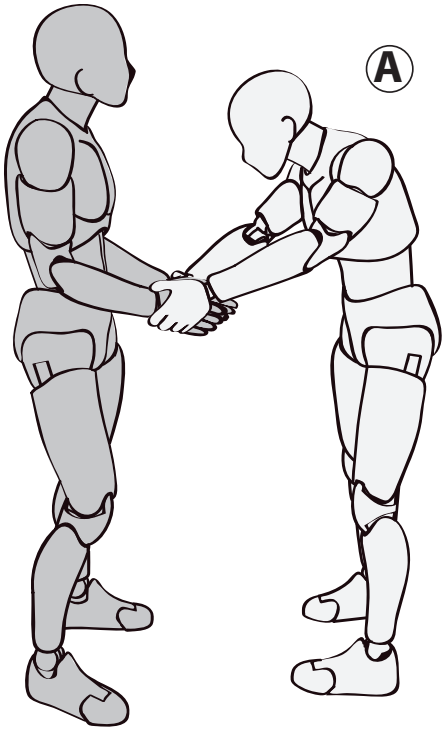
69 Hand Release Nº 5



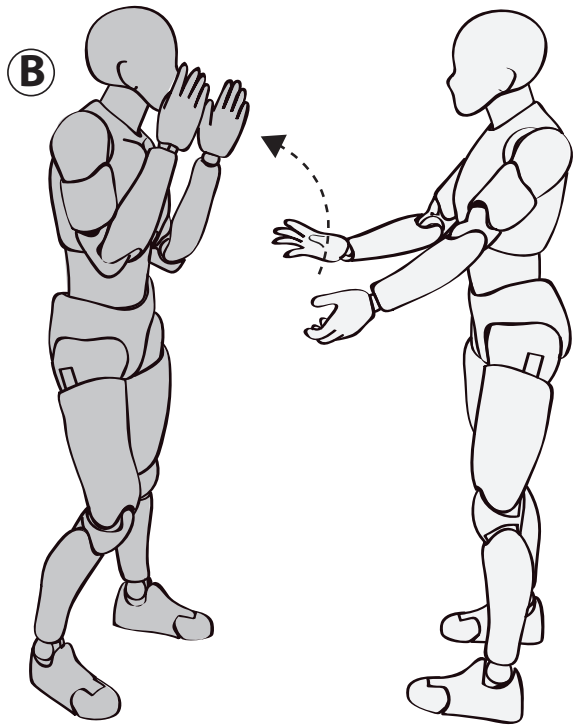
In the Hand Release Nº 5, the opponent holds with his/her both hands one hand up (A). To do the release, the other hand that is free, goes under and between the opponent's arms and holds on top of the hand that is locked (B). The release is done with a lever on the opponent's thumb. With a fast movement, the leg is taken backwards and, at the same time, the hand that is holding on top pulls the other downwards (C).



70 Hand Release Nº 6



The Hand Release Nº 6 takes place when the opponent holds both hands (A). To do the release both hands stay open and the elbows get closer or touch the body. From this point on, the hands go up with a short and fast movement to the shoulder level (B).



The Hand Release Nº 6 is done with the arms bent, that's why it is necessary to touch the elbows on the body.

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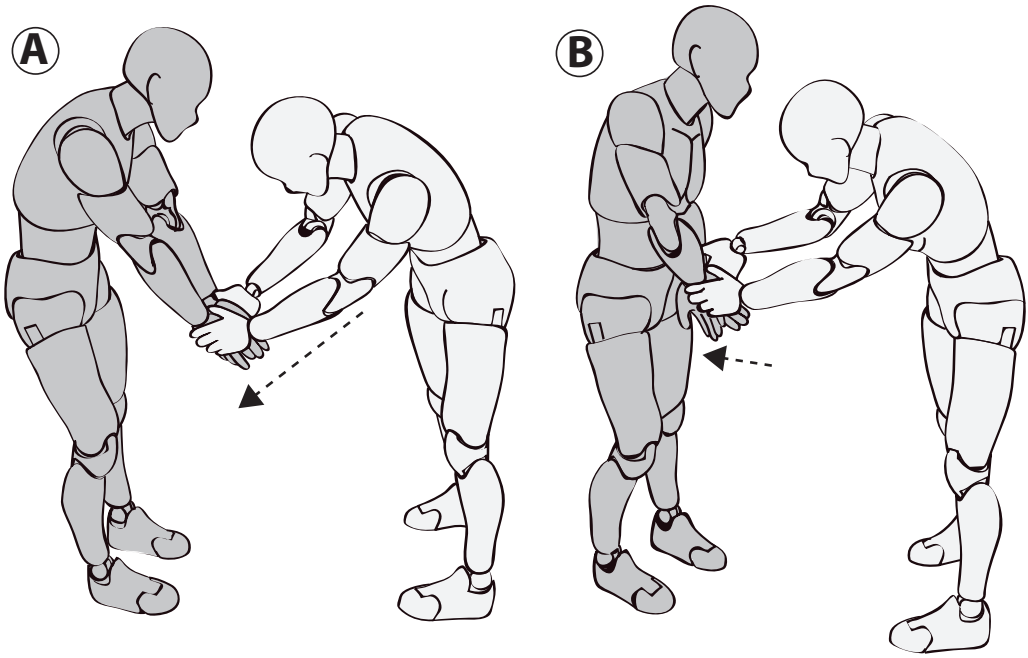
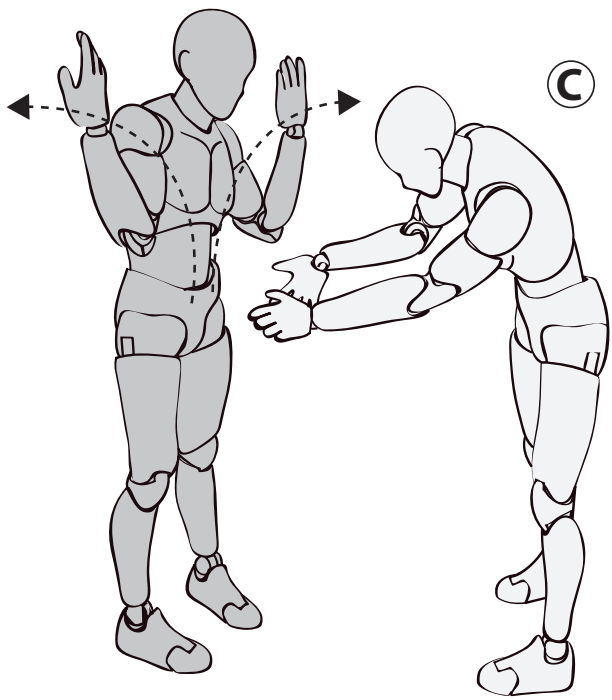
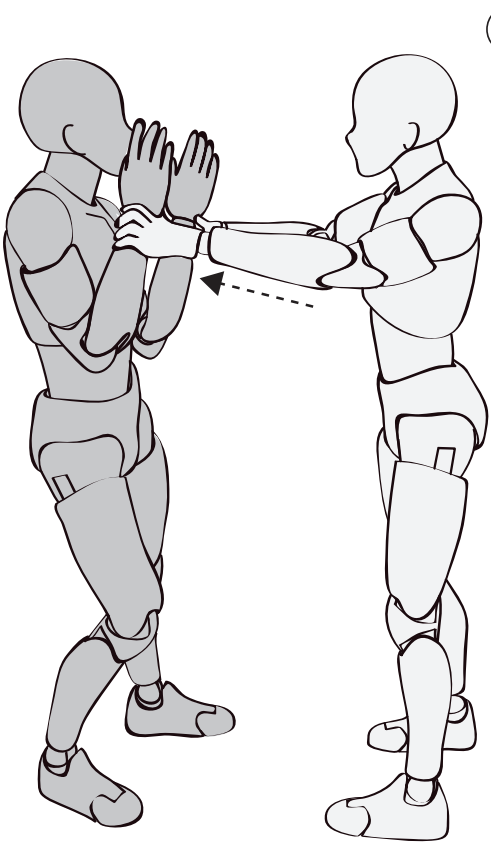
71 Hand Release Nº 7



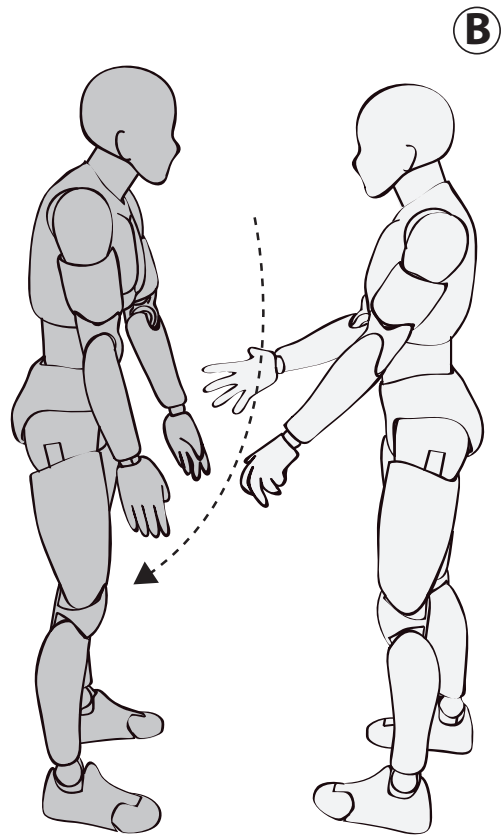
In the Hand Release Nº 7, the opponent holds both hands putting the weight downwards, this causes the arms to be stretched, making the Hand Release Nº 6 impossible (A). To do the release the back of both hands stay together and then they are pulled to the waist level (B). From this point on, the hands go up with a short and fast movement, taking the thumbs outward. The elbows point downwards (C).



72 Hand Release Nº 8



In the Hand Release Nº 8, the opponent holds both hands up (A). To do the release the hands stay open and with a fast movement go down towards the ground (B).



The arms are bent, and the elbows stay positioned next to the body.

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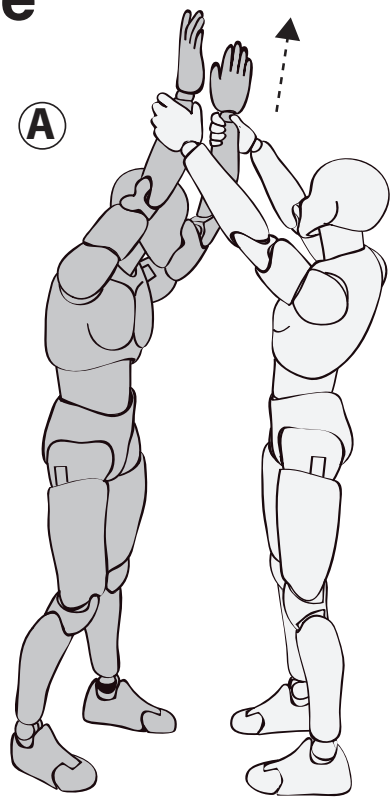
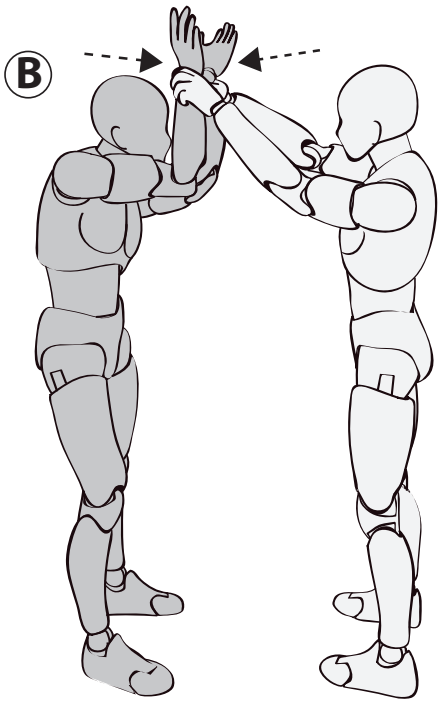
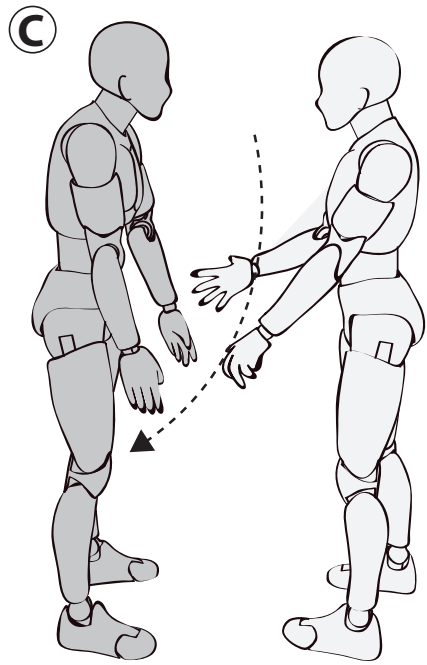
73 Hand Release Nº 9

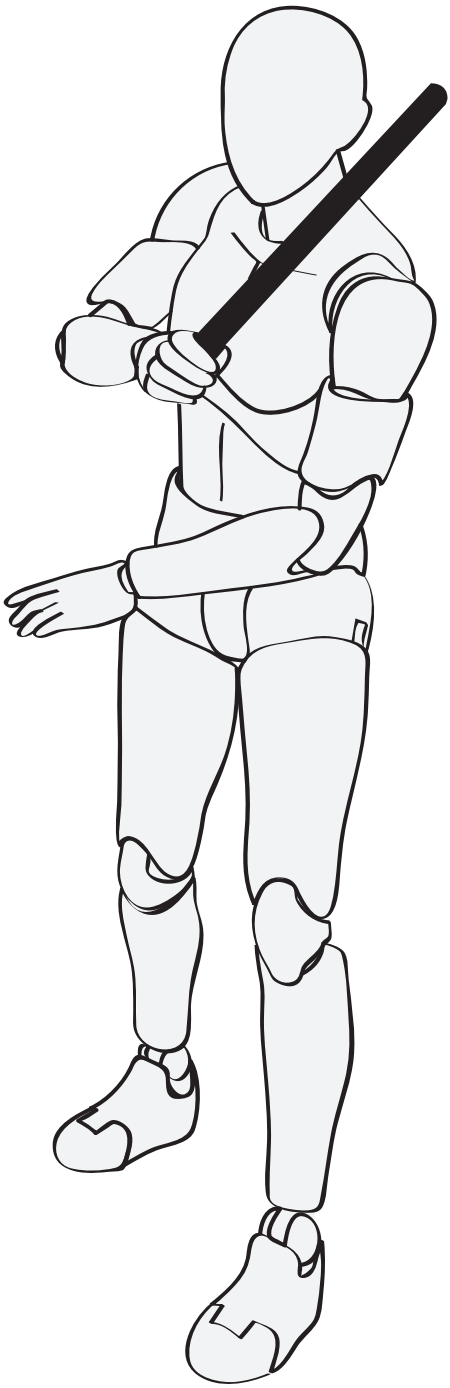
IIn the Hand Release Nº 9, the opponent holds both hands taking the weight upwards, leaving the arms stretched (A). To do the release the hands stay open and, with a fast movement, the forearms come together and cause the opponent's thumbs to be hit (B).
From this point on, the hands go down towards the ground, just like the Hand Release Nº 8 (C).







Defenses Against Stick Weapons Attacks



The attacks can vary according to the way the opponent holds the stick, (with one or two hands) and in which height and side he/she is going to attack. The fastest and the most dangerous part of a stick attack is the top-front end. This kind of attack can be done with any kind of object, such as a metal pipe, a baseball bat, a piece of wood, etc.
The defenses are basically divided into 2 types: sliding and deflecting the attack or absorbing the attack movement to reduce the speed.

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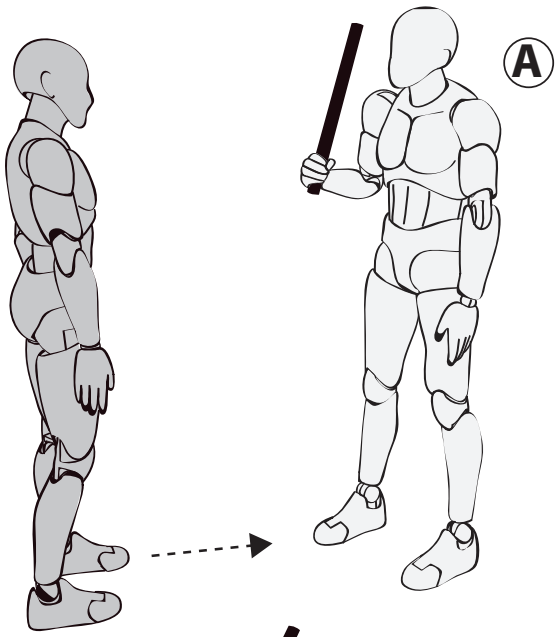
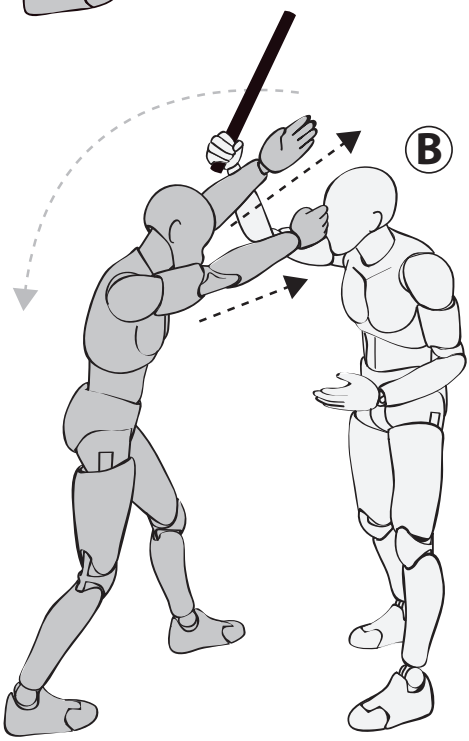
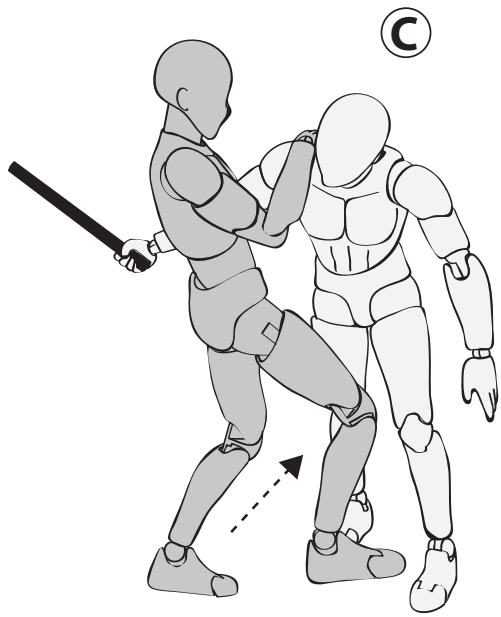
74 STICK ATTACK

Upward and Inward Defense



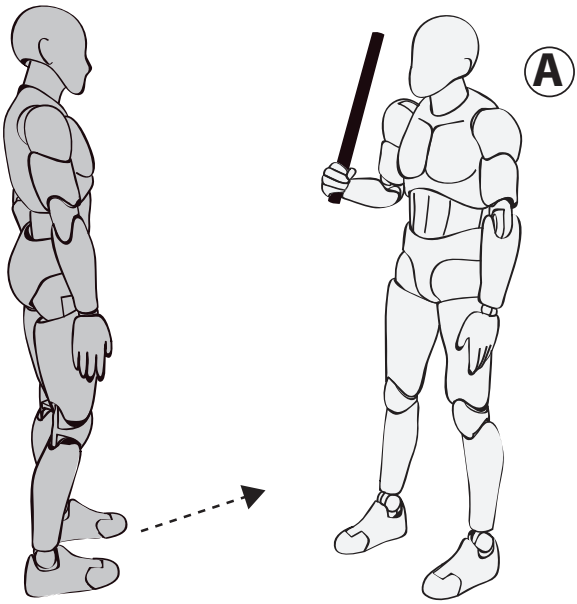
The intent of the Upward and Inward Defense Against a Stick Attack is to deflect the attack outward (A). It is done with a step forward by the left leg, while the left arm stretches towards the attack. The stretched arm causes the attack to be deflected and slid outward. At the same time, it is done a Boxing Strike attack towards the opponent's face (B). After the Boxing Strike, the right hand holds the shoulder and the right leg throws Knee Strikes in the opponent's groin area (C).



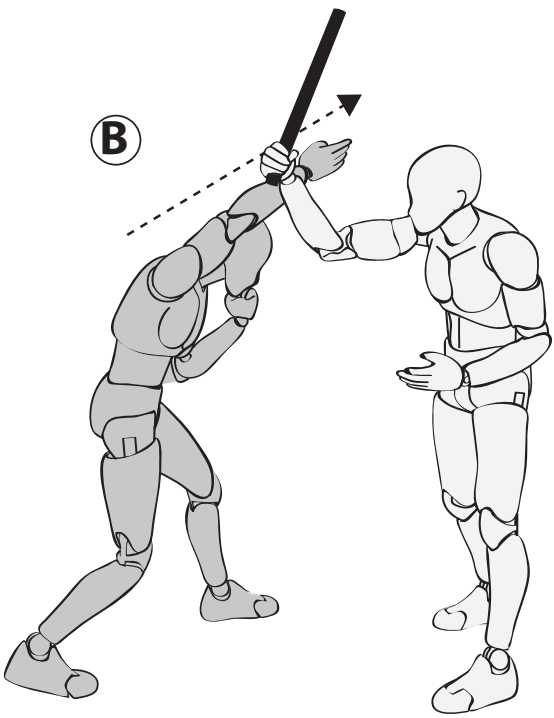


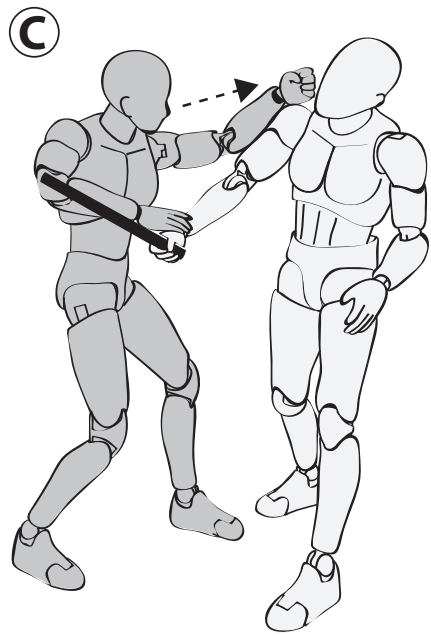
75 STICK ATTACK

Upward and Outward Defense



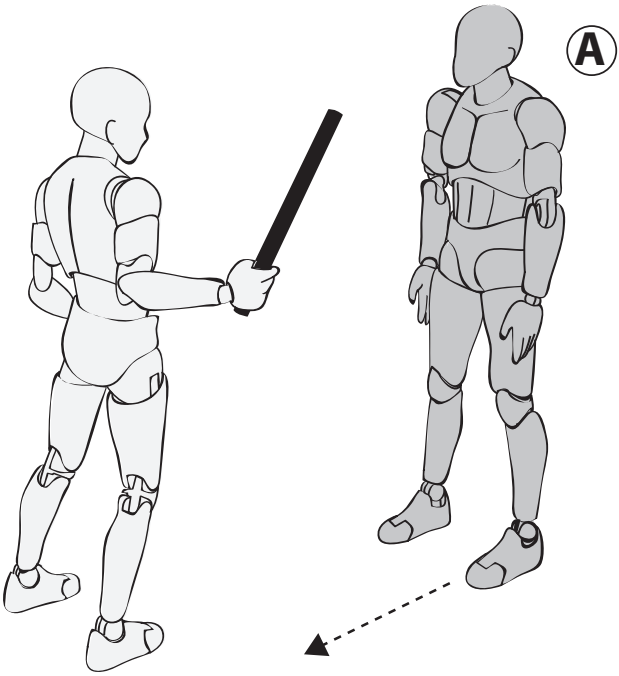
The attack is the same as the previous one (A), but now the defense is done outward and deflects the attack inwards. This is done with a step forward by the left leg, while the right arm stretches towards the attack. The stretched arm causes the attack to be deflected and slid inwards (B). In sequence, it holds the opponent's arm. At the same time, it is done a Left Boxing Strike attack (C).



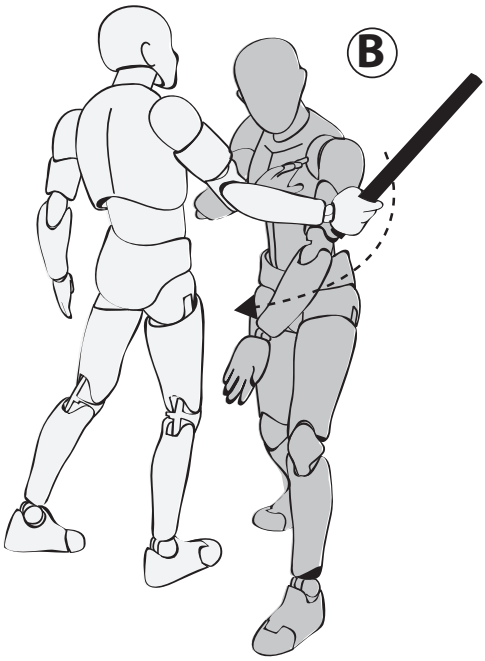


76 STICK ATTACK

Sideways Defense Against a One-handed Attack

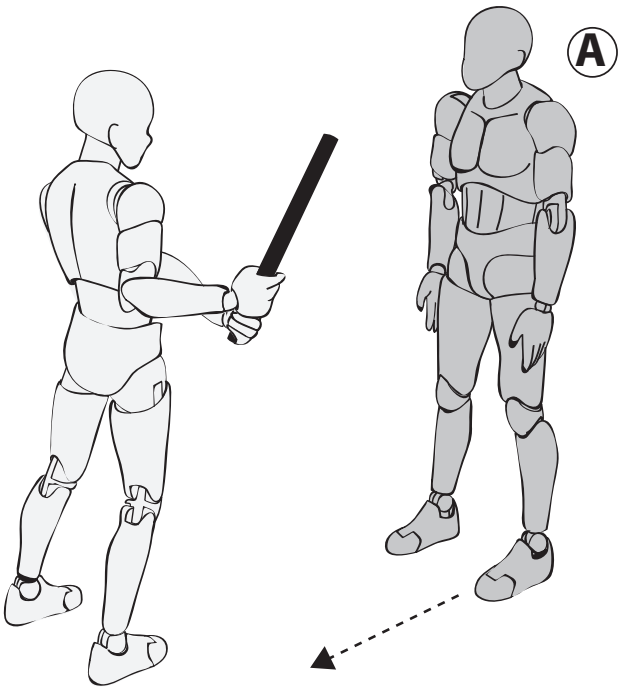


The Sideways Defense Against a Stick Attack is done with a step forward to shorten the attack distance (A). At the moment of the step, the body goes to the diagonal and points the shoulder to the arm that is attacking. Meanwhile, the right hand comes in as a defense to help blocking and reducing the attack speed (B). In sequence, the left hand goes up to control the arm that is holding the stick and, at the same time, throws Right Elbow Strike Forward attacks towards the opponent's face (C).

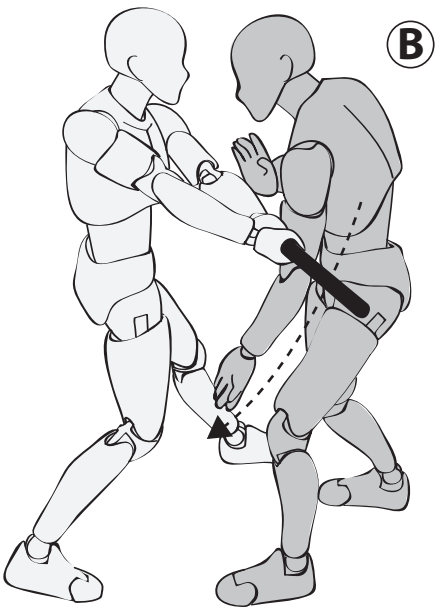


77 STICK ATTACK

Sideways Defense Against a Two-handed Attack

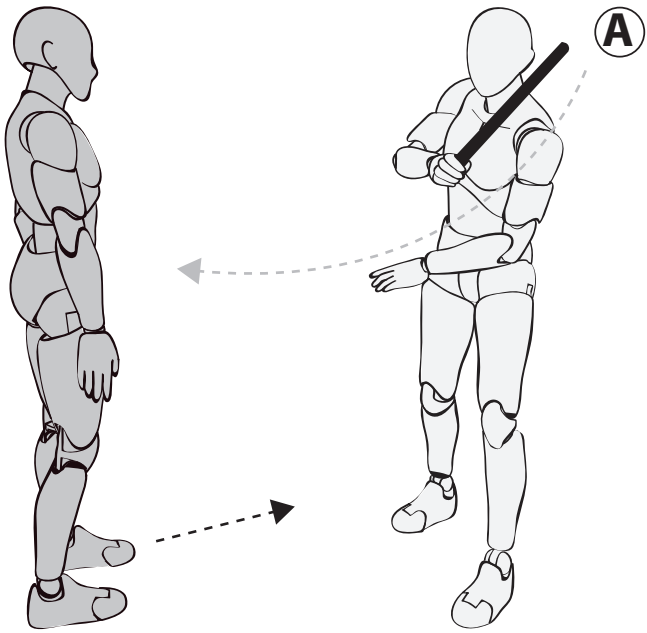


The Sideways Defense Against a Stick Attack with Two Hands is the same as the previous one, because it is done with a step forward to shorten the attack distance (A). At the moment of the step, the body goes to the diagonal and points the shoulder to the arm that is attacking. At the same time, the right hand comes in as a defense to help blocking and reducing the attack speed (B). In sequence, the left hand goes up to control the two arms that are holding the stick and, at the same time, throws Right Elbow Strike Forward attacks towards the opponent's face (C).

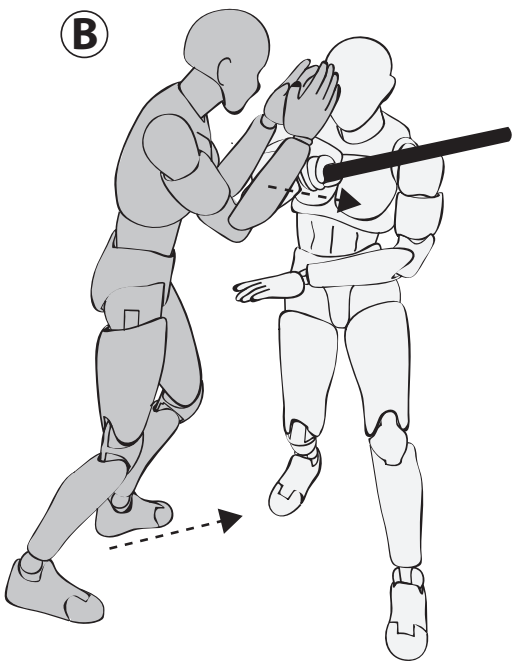


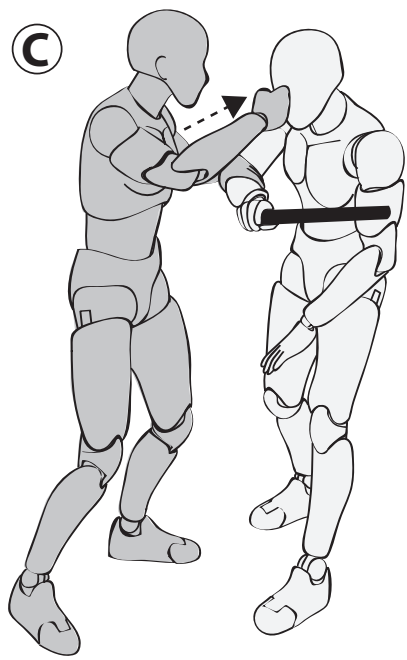
78 STICK ATTACK

Defense to the Right Side



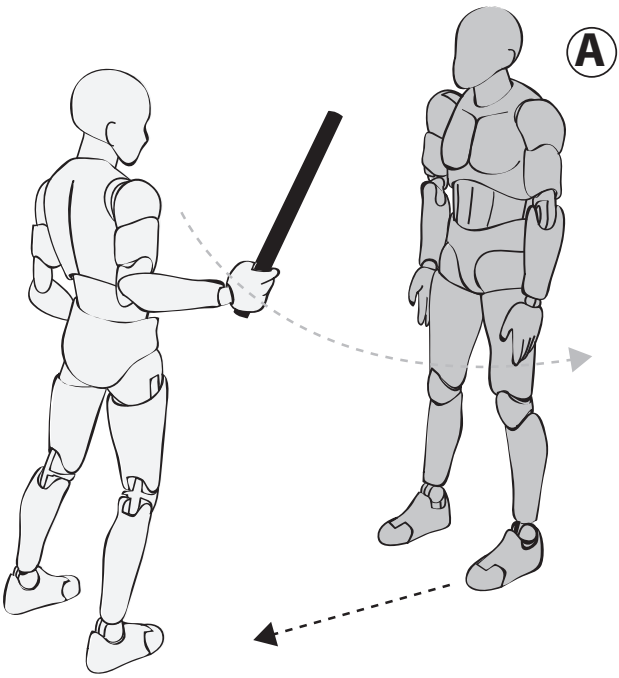
The Defense Against a Stick Attack to the Right Side is done with a diagonal step forward going outwards, to shorten the attack distance (A). At the moment of the step, the body moves and takes the two forearms towards the opponent's arm to absorb and reduce the attack speed (B). In sequence, the left hand goes down to control the arm that is holding the stick and, at the same time, throws Right Boxing Strike attacks towards the opponent's face (C).



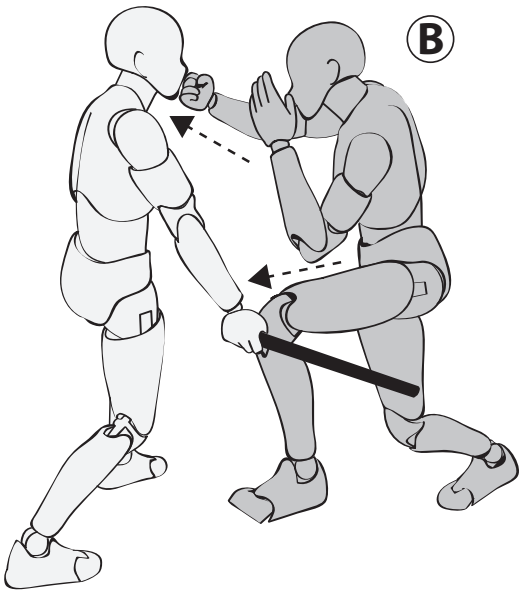


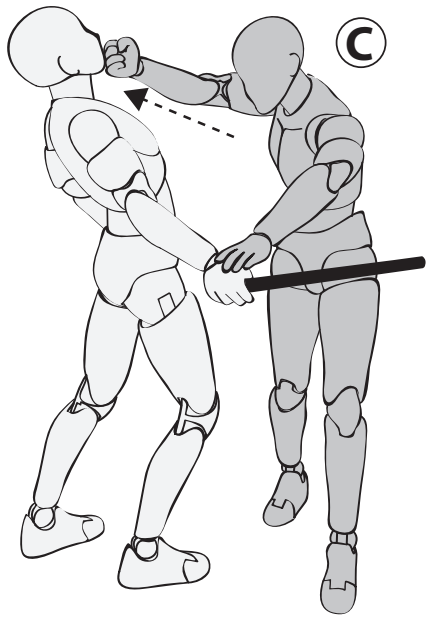
79 STICK ATTACK

Sideways Defense Going Downwards

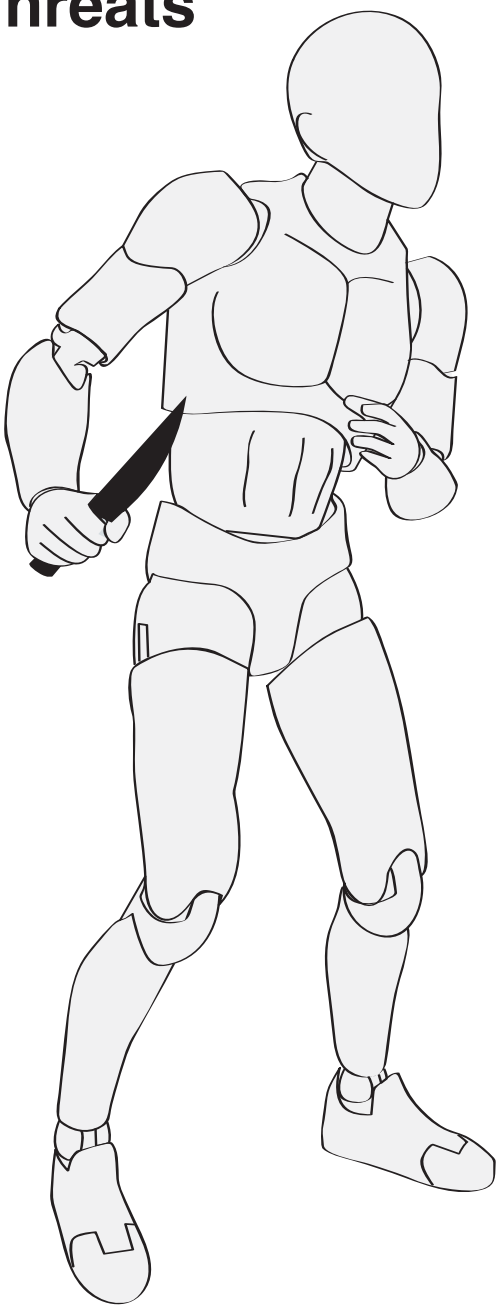


The Sideways Defense Against a Stick Attack going Downwards is done with a long step forward (A). At the moment of the step, the elbow goes down to the knee line and helps protecting the upper body area. The movement is done along with a Boxing Strike attack towards the opponent's face (B). In sequence, the left hand goes down to control the arm that is holding the stick and, at the same time, throws more Right Boxing Strike attacks towards the opponent's face (C).



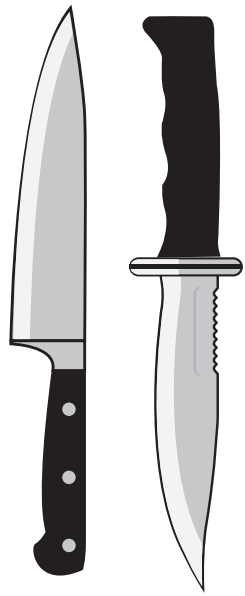


Defenses Against Knife Attacks and Threats



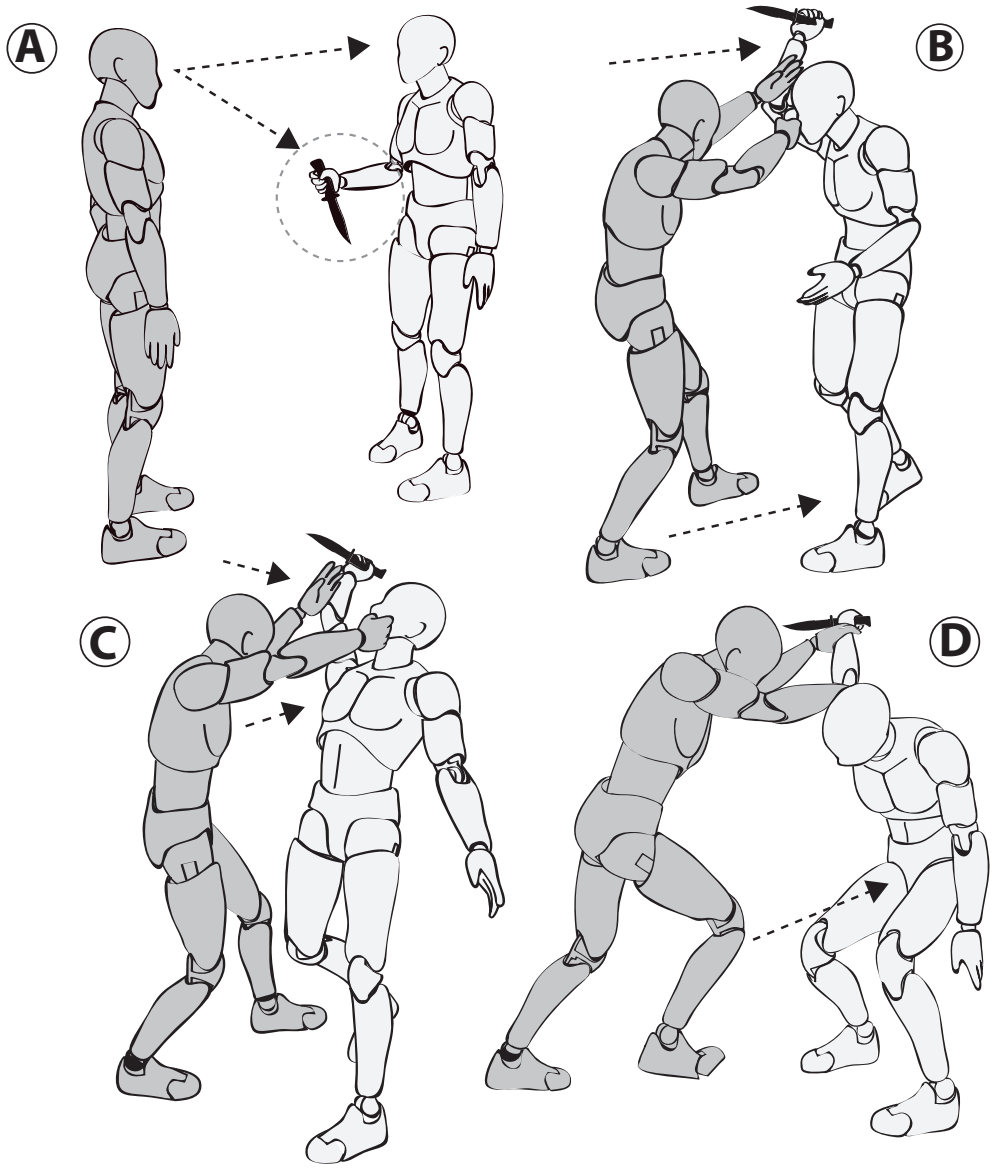
The Knife Threat situations are very variable, where the opponent wishes to frighten or intimidate for maybe getting something or lead the person somewhere. A threat can also become an attack, but different from the threat, in which case there is only one answer: immediate defense.
On the next pages we will see different kinds of attack, such as upwards, downwards, to the front in many positions, etc.
When referring to Defense Against Knife Attack any kind of piercing object is also considered.

During classes, safety is a priority, that's why we only use special material knives made for training.



80 KNIFE ATTACK

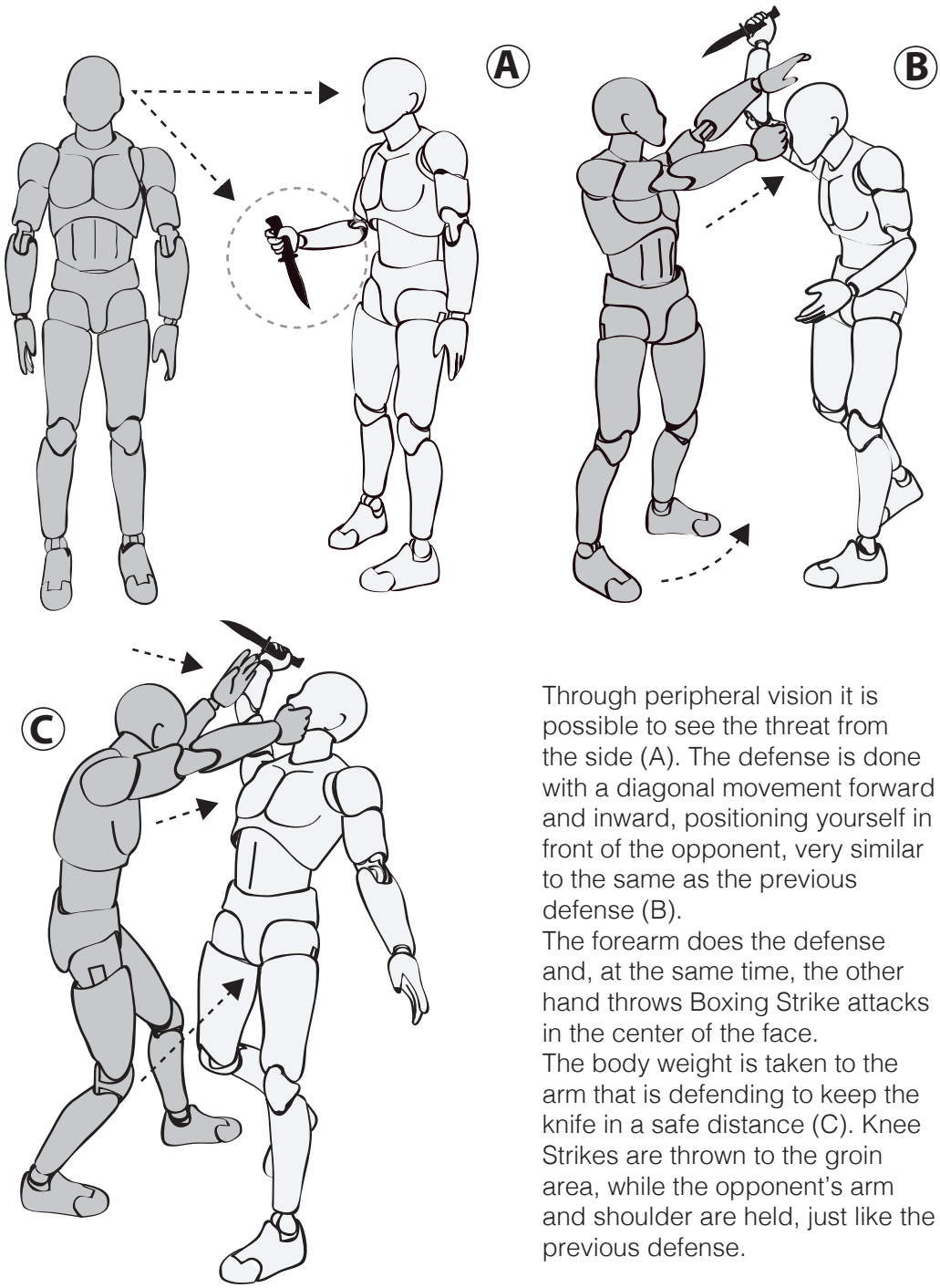
Frontal Defense Going Upwards at a Medium Distance



It is important to observe the position of the knife in the opponent's hand (A). Instead of backing off, the distance must be shortened. This is done with a movement forward where the defense and attack take place simultaneously. The defense is done with the forearm and the attack with Boxing Strikes in the center of the face (B). The body weight is taken to the arm that is defending to keep the knife in a safe distance (C). Knee Strikes are thrown to the groin area, while the opponent's arm and shoulder are held (D).

81 KNIFE ATTACK

Sideways Defense Going Upward and Inwards

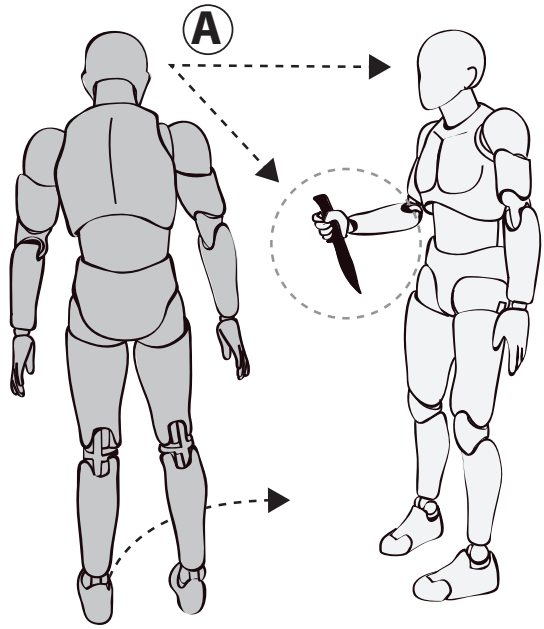


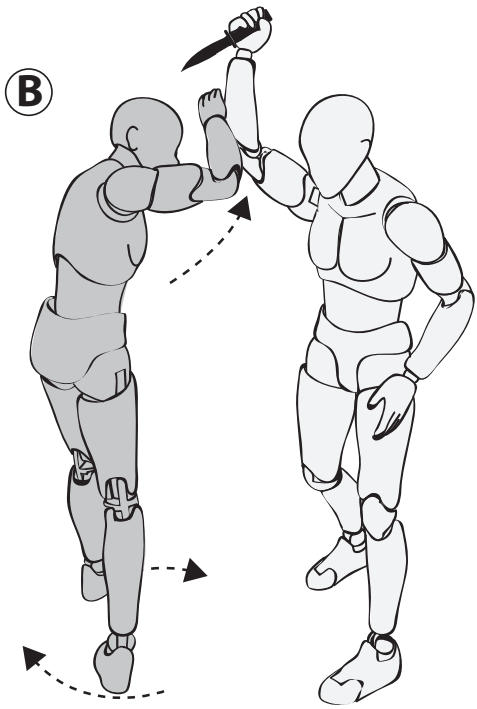
Through peripheral vision it is possible to see the threat from the side (A). The defense is done with a diagonal movement forward and inward, positioning yourself in front of the opponent, very similar to the same as the previous defense (B).
The forearm does the defense and, at the same time, the other hand throws Boxing Strike attacks in the center of the face.
The body weight is taken to the arm that is defending to keep the knife in a safe distance (C). Knee Strikes are thrown to the groin area, while the opponent's arm and shoulder are held, just like the previous defense.

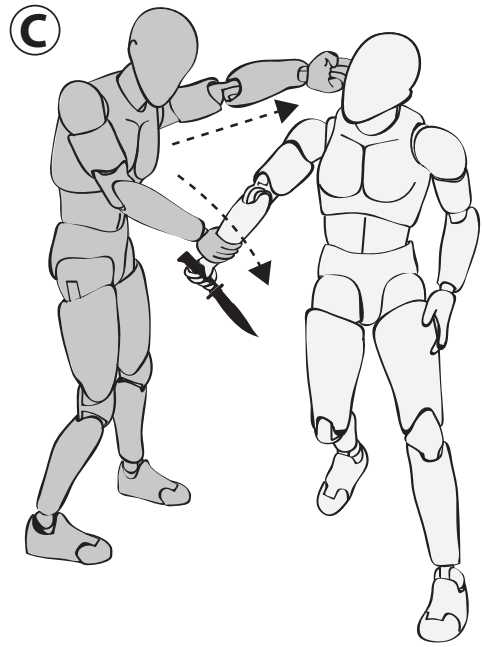
82 KNIFE ATTACK

Sideways Defense Going Upward and Outward

Through peripheral vision it is possible to see the threat from the side (A). To escape the attack line, the defense is done with a leg diagonal movement forward and outward, along with the right forearm that blocks (B). After the defense, it is necessary to hold the opponent's hand to keep the knife away and, at the same time, throw Boxing Strike attacks in the face. At the end you are positioned almost on the opponent's side (C).



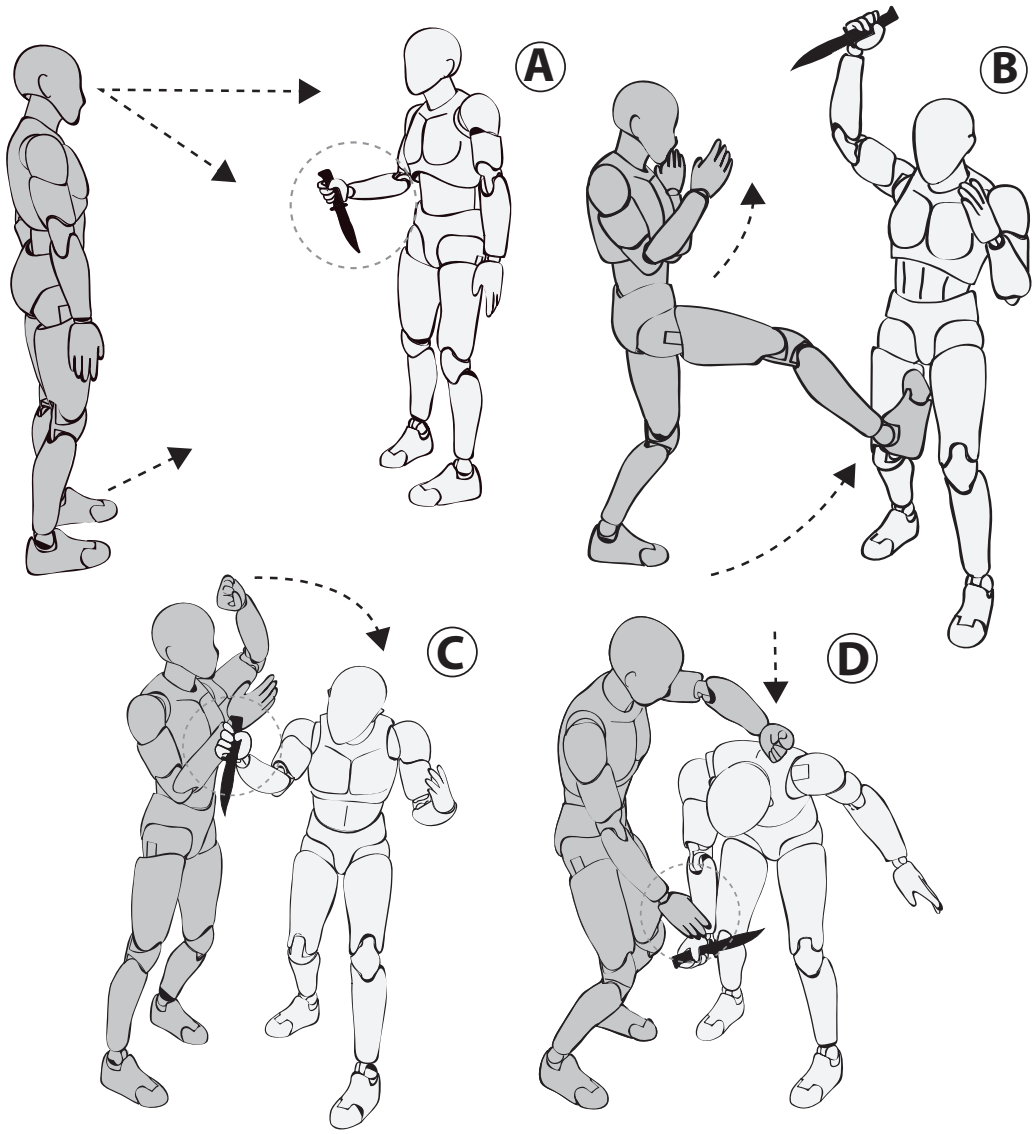




Sergio Nisenbaum

83 KNIFE ATTACK

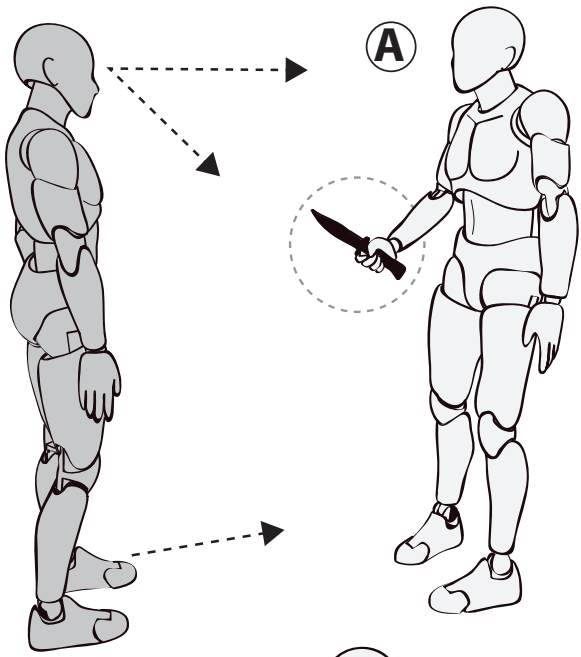
Frontal Defense Going Upward at a Long Distance



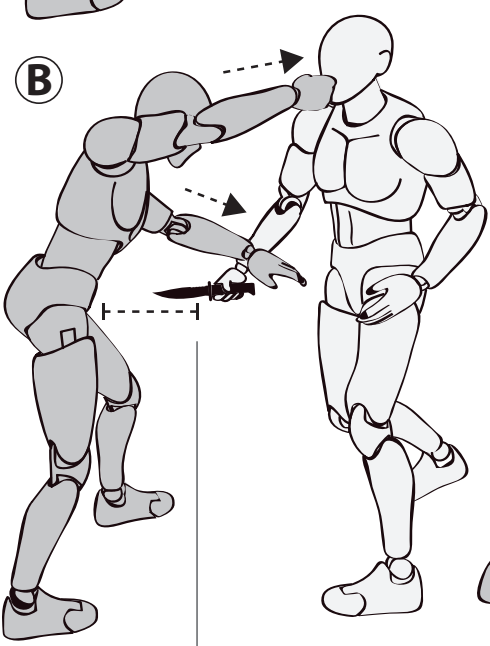
The attack begins at a longer distance (A), which enables a reaction with a body movement to escape the attack line. The movement is a diagonal step forward and outward with the left leg and, at the same time, a Regular Kick in the opponent's groin area with the right leg is thrown (B). Being already with the body almost on the side and out of the attack line, the right forearm deflects the attack (C) and holds the hand that has the knife. At the same time, Hammer Strike Downwards (17) are thrown to the back of the opponent's neck (D).

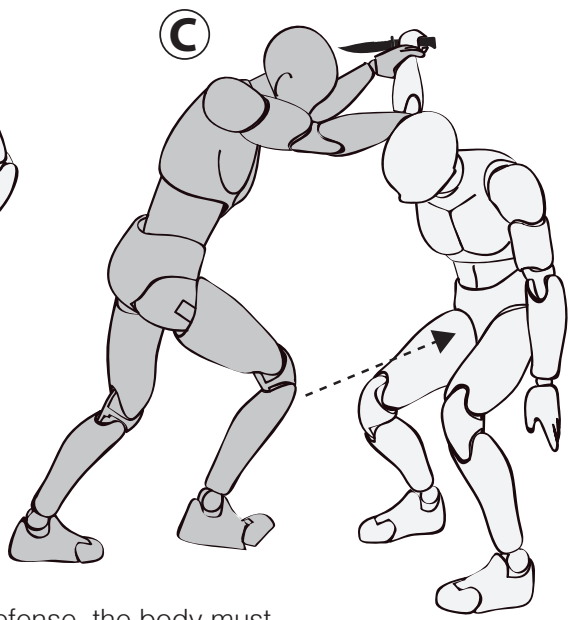
84 KNIFE ATTACK

Frontal Defense Going Downwards at a Medium Distance



The knife position in the opponent's hand has changed comparing to the previous chapters. Now the attack comes from the bottom up and the defense is done with the forearm (A). In this case, at a medium distance, the left leg goes forward and the left forearm blocks the attack. At the same time of the blocking, the right hand throws a sequence of Boxing Strikes towards the opponent's face (B). Knee Strikes are thrown to the groin area, while the opponent's arm and shoulder are held (C).



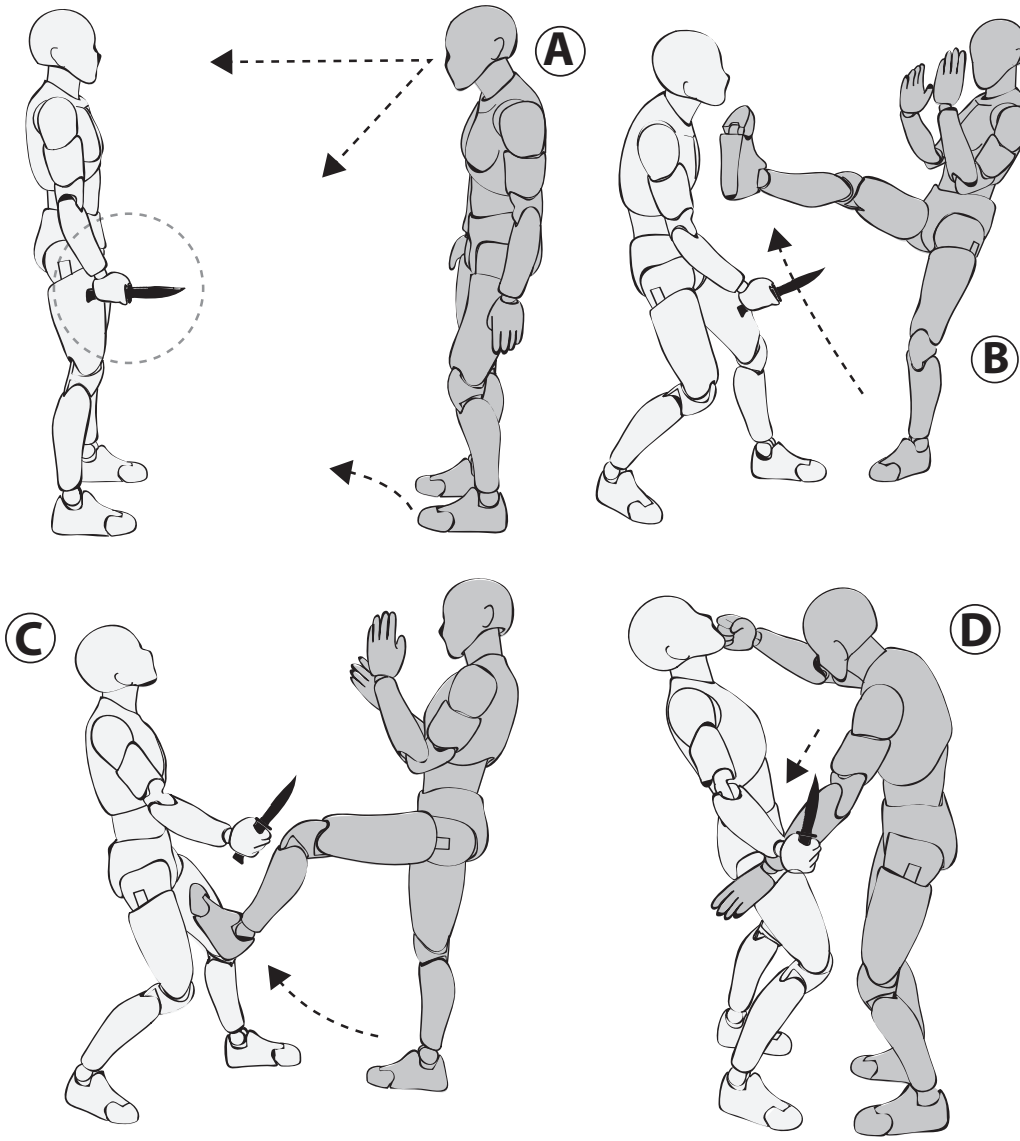


At the moment of defense, the body must go forward and bend forward to keep the abdominal area away from the knife.

Sergio Nisenbaum

85 KNIFE ATTACK

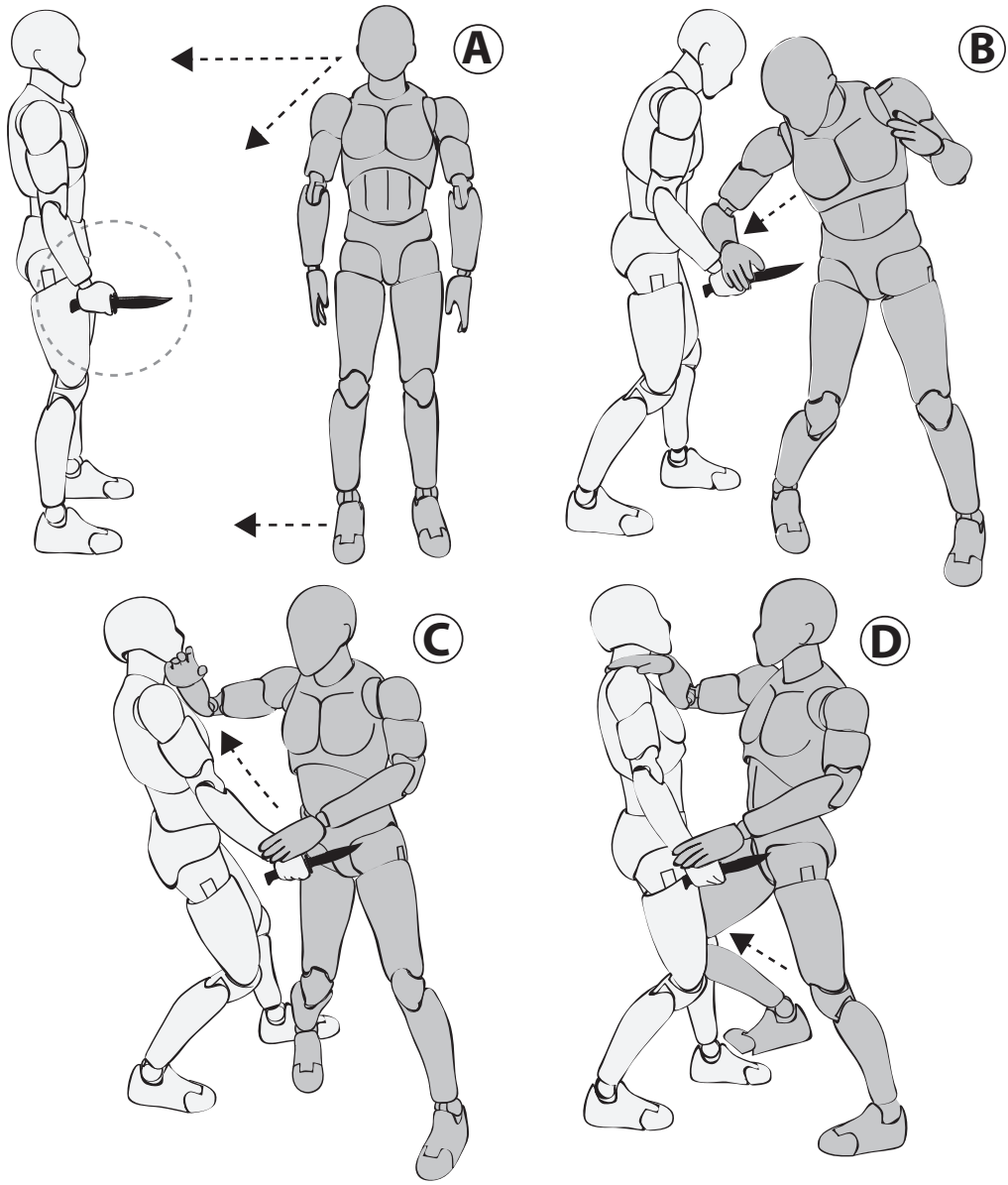
Frontal Defense Going Downwards at a Long Distance



With the attack coming from the bottom at a longer distance (A), the left leg makes a transition with the right leg. In other words, the body escapes the attack line, taking the left foot to the place where the right foot is. In this transition the right foot throws a Regular Kick Upwards towards the opponent's chin (B), and on the way back the left leg throws a Regular Kick in the groin area (C). Right after the second kick, it is necessary to hold the opponent's arm that has the knife (D) and throws a sequence of Boxing and Knee Strikes.

86 KNIFE ATTACK

Sideways Defense Going Outward and Inward

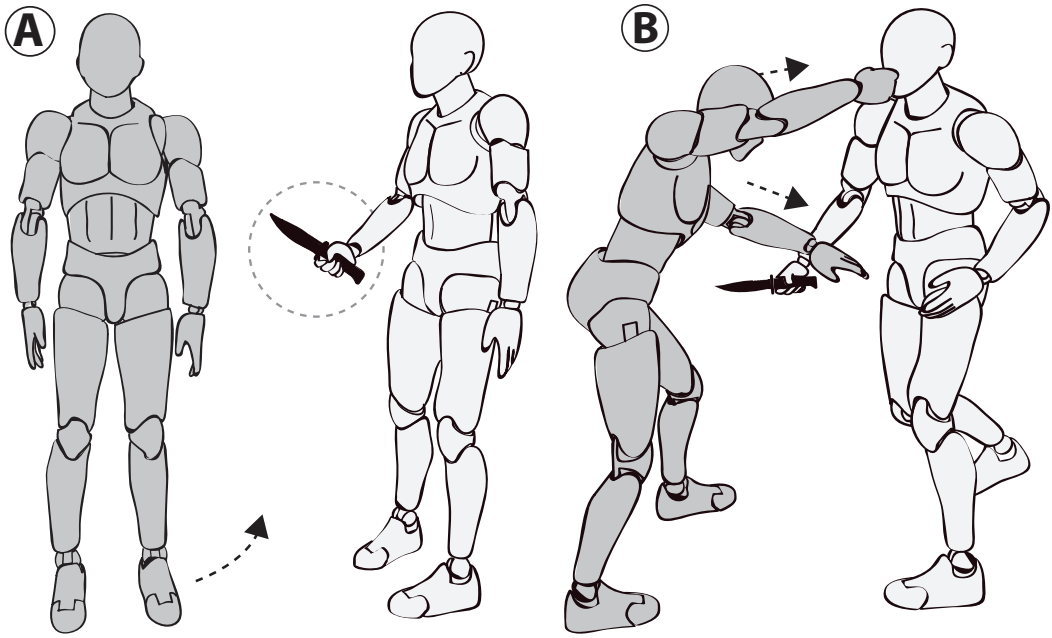


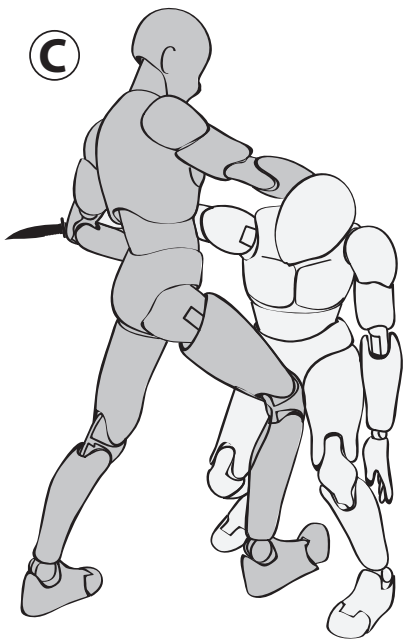
The initial position is with the right shoulder to the opponent's side (A). At the moment of attack, the body moves along with the right forearm to block the attack (B) and, at the same time, a hand shift takes place. In other words, after the defense the left hand holds the forearm and the right hand throws the knife-hand in the opponent's neck (C). In sequence, the shoulder is held, and Knee Strikes are thrown to the opponent's groin area (D).

Sergio Nisenbaum

87 KNIFE ATTACK

Sideway Defense Going Inward and Downward

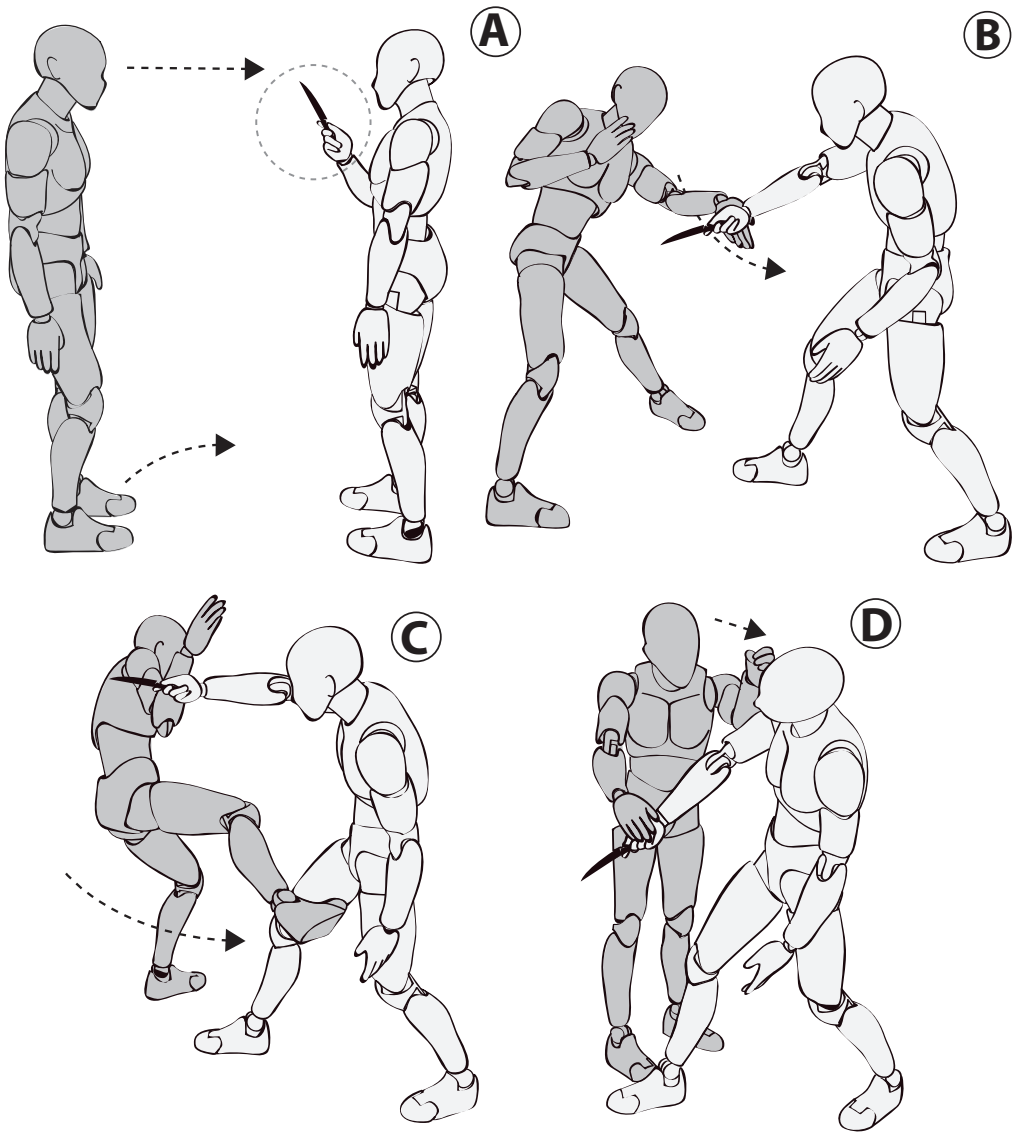




The initial position is with the left shoulder to the opponent's side (A). At the moment of attack, the body moves to escape the sideways position and stay almost in front of the opponent. This movement takes place along with the defense, which is done with the left forearm to block the attack and, at the same time, the right hand throws Boxing Strikes towards the opponent's face (B). In sequence, it controls the arm that has the knife and throws Knee Strikes in the opponent's groin area (C).

88 KNIFE ATTACK

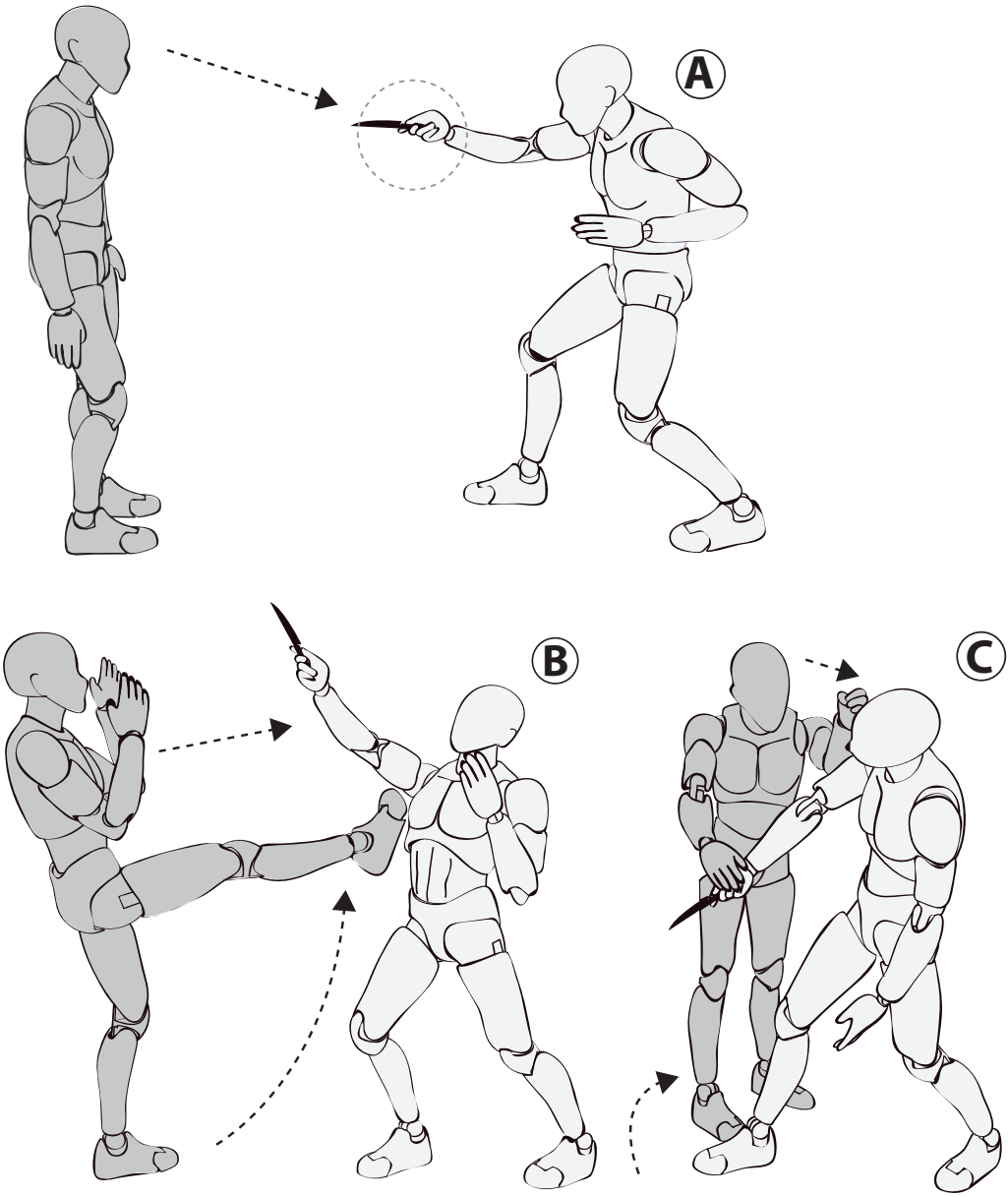
Defense Against Frontal Stab at a Medium Distance



In the stab position, the attacks take place with the knife pointed forward (A). In this situation the attack is deflected with the palm of the hand along with the body deflection away from the attack line (B). While deflecting the attack, a Sickle Kick is thrown towards the groin area. Meanwhile, the right arm is positioned as defense (C) and in sequence holds the arm that has the knife, while the right hand throws Boxing Strikes in the opponent's face (D).

89 KNIFE ATTACK

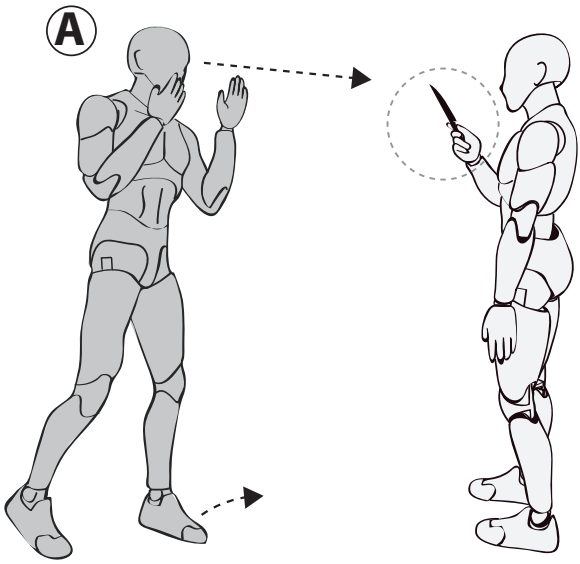
Defense Against Frontal Stab at a Long Distance



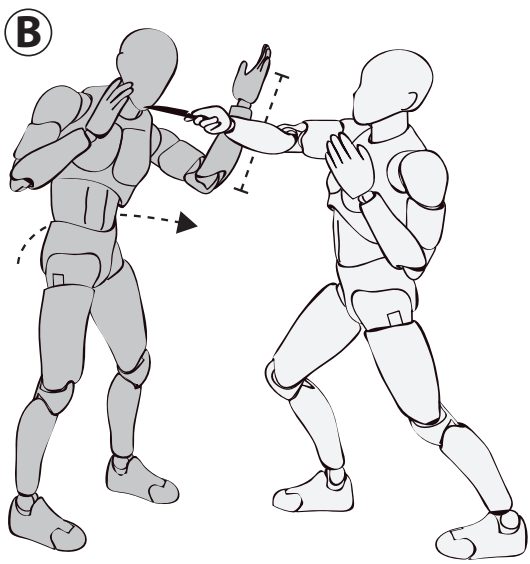
Here the opponent is at a longer distance (A), and the stab attack can be defended with a Regular Kick Upwards to hit the opponent's armpit (B). In sequence, it takes place the control of the arm that has the knife, while the right hand throws Boxing Strikes in the opponent's face (C).

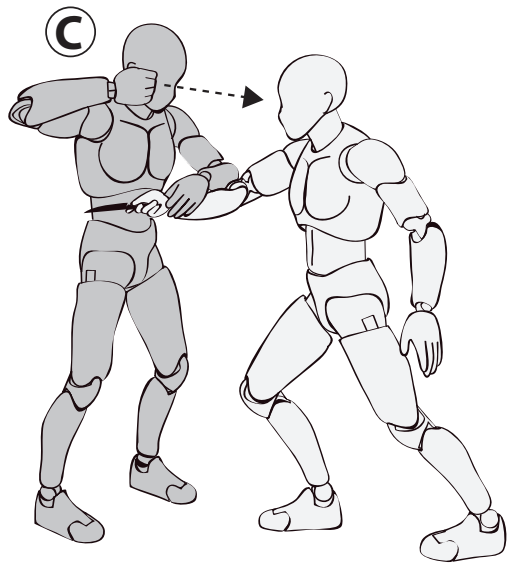
90 KNIFE ATTACK

Defense Against Frontal Stab in Defense Stance



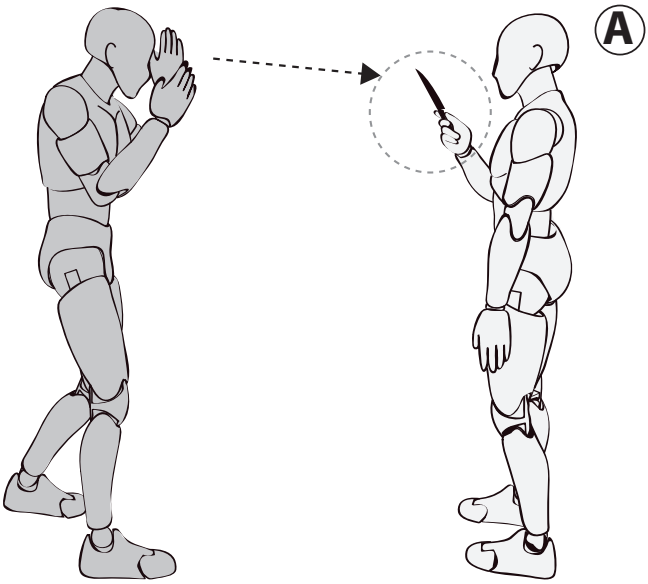
Now the stab attack takes place higher and the initial position is the Defense Stance Inward (A). The attack is deflected with the left forearm and the body rotates to the side (B). In sequence, the left hand holds the arm that has the knife, while the right hand throws Boxing Strikes in the opponent's face (C).



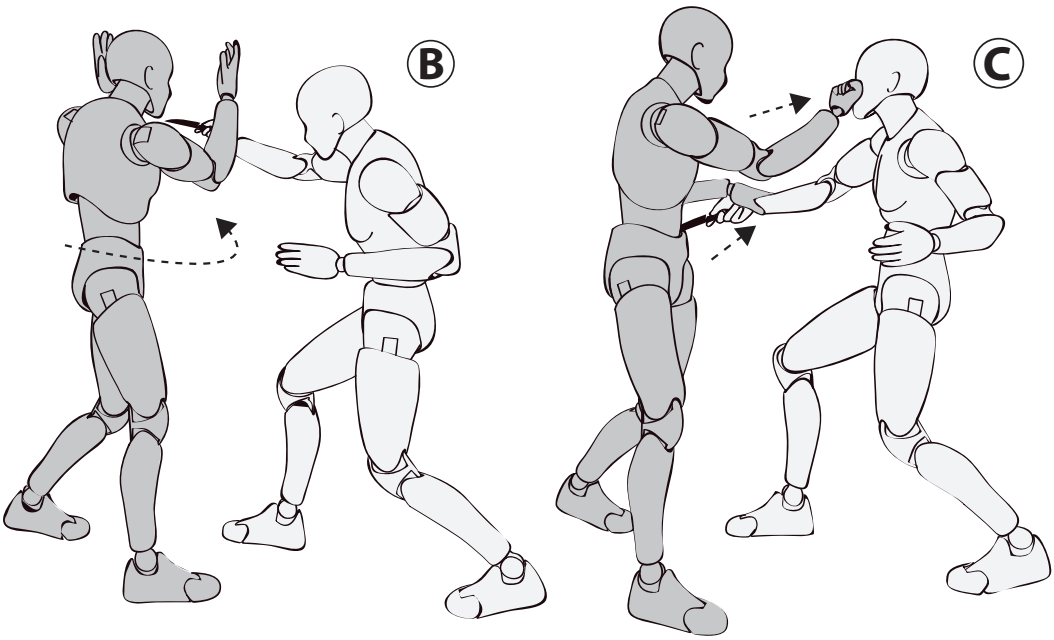


91 KNIFE ATTACK

Defense Against Frontal Stab in Inverted Defense Stance

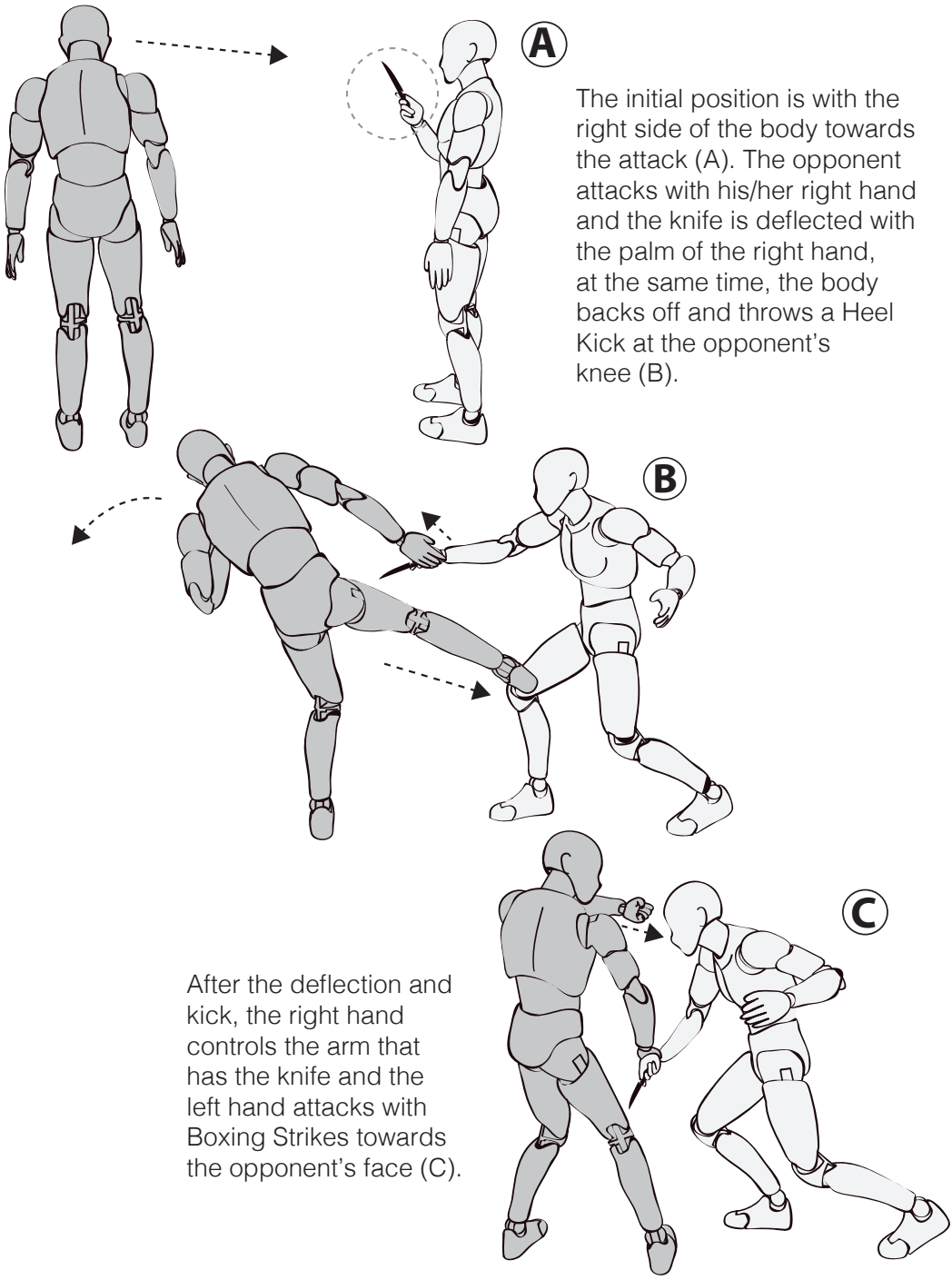


The attack is the same as the previous situation, but the Defense Stance is inverted. The right foot stays at the front and the left foot at the back (A). The attack is deflected with the right forearm and the body rotates to the inward side (B). In sequence, the hand of the same arm that deflected the attack throws a Hammer Boxing Strike towards the opponent's face, while the left hand holds the arm that has the knife (C).



92 KNIFE ATTACK

Defense Against an Inward Side Stab

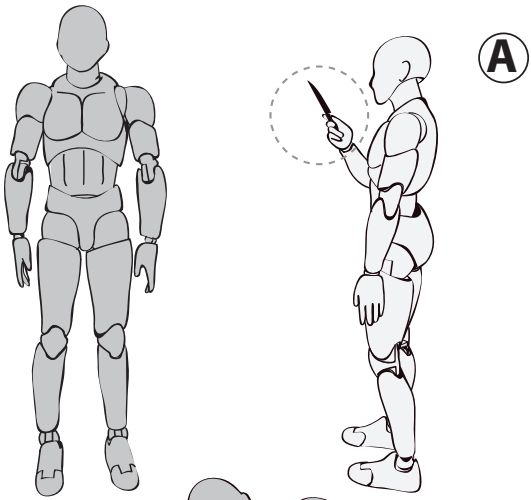


The initial position is with the right side of the body towards the attack (A). The opponent attacks with his/her right hand and the knife is deflected with the palm of the right hand, at the same time, the body backs off and throws a Heel Kick at the opponent's knee (B).

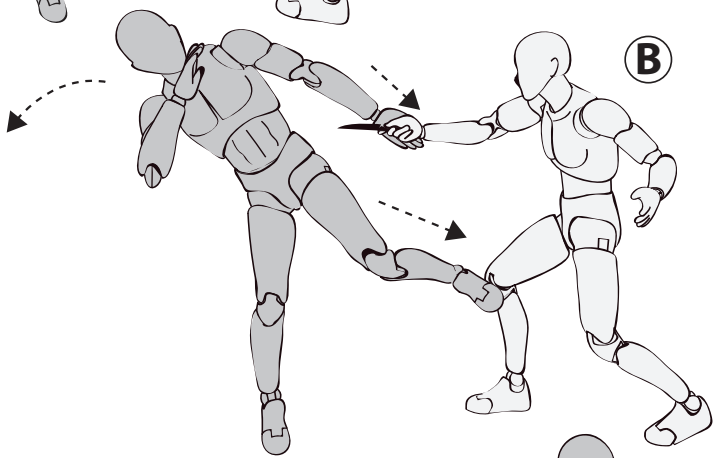
After the deflection and kick, the right hand controls the arm that has the knife and the left hand attacks with Boxing Strikes towards the opponent's face (C).

93 KNIFE ATTACK

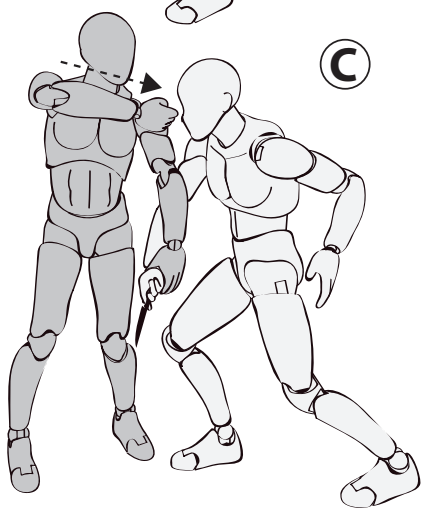
Defense Against an Outward Side Stab



The initial position is with the left side of the body towards the attack (A). The opponent attacks with his/her right hand and the knife is deflected with the palm of the left hand and, at the same time, the body backs off and throws a Heel Kick at the opponent's knee (B).

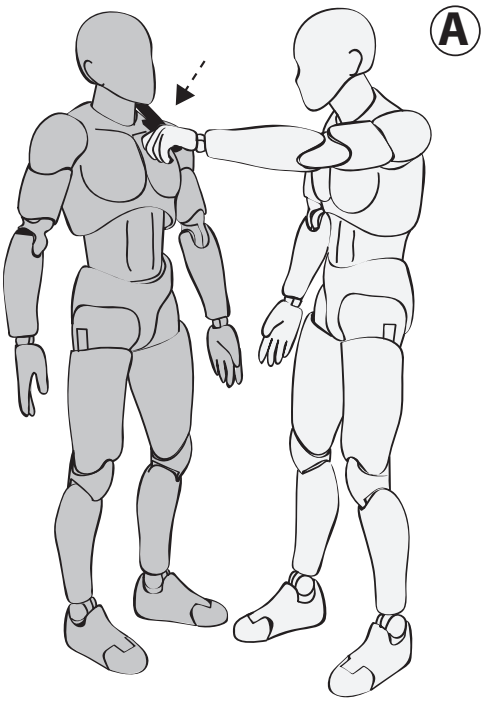


After the deflection and Heel Kick at the Knee, the left hand controls the arm that has the knife and the right hand attacks with Boxing Strikes towards the opponent's face (C).

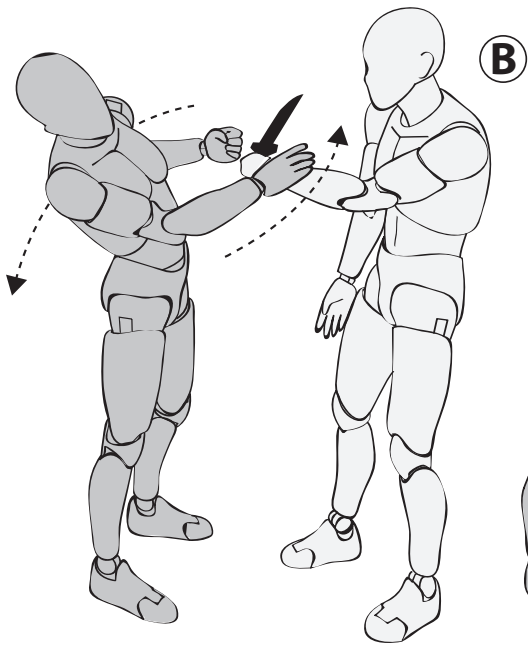


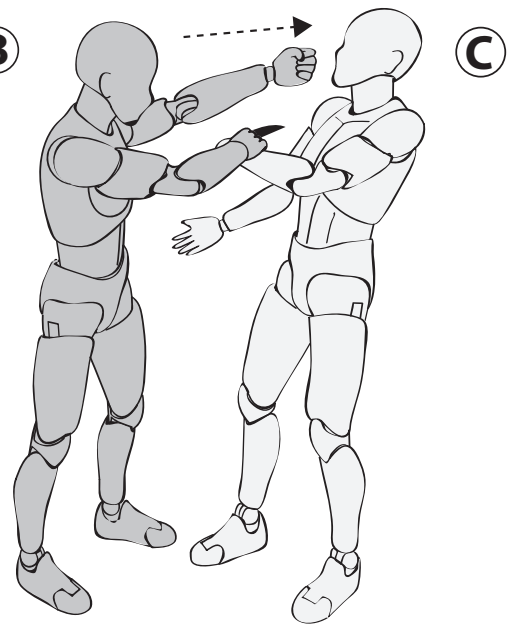
94 KNIFE THREAT

To the Left Side of the Neck



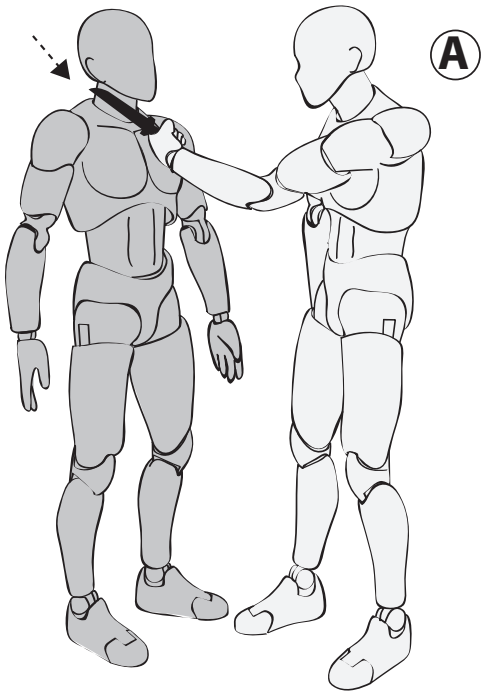
In this case, the knife is positioned on the left side of the neck and the opponent is holding the knife with the left hand (A). The defense is done with two simultaneous movements: Back off and deflect. The right hand deflects the knife to the left and, at the same time, the body backs off to the right (B). In sequence, the right hand holds the opponent's arm to keep the knife away and the left hand throws Boxing Strikes attacks towards the opponent's face (C).

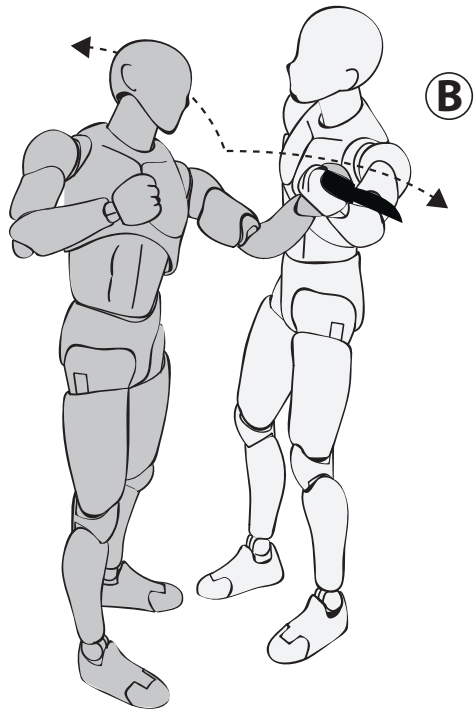


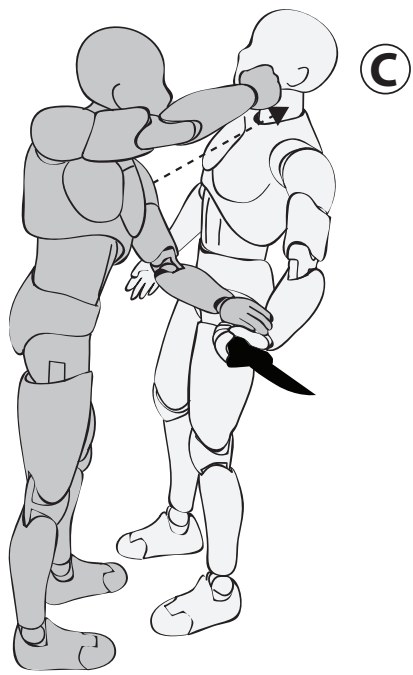


95 KNIFE THREAT

To the Right Side of the Neck



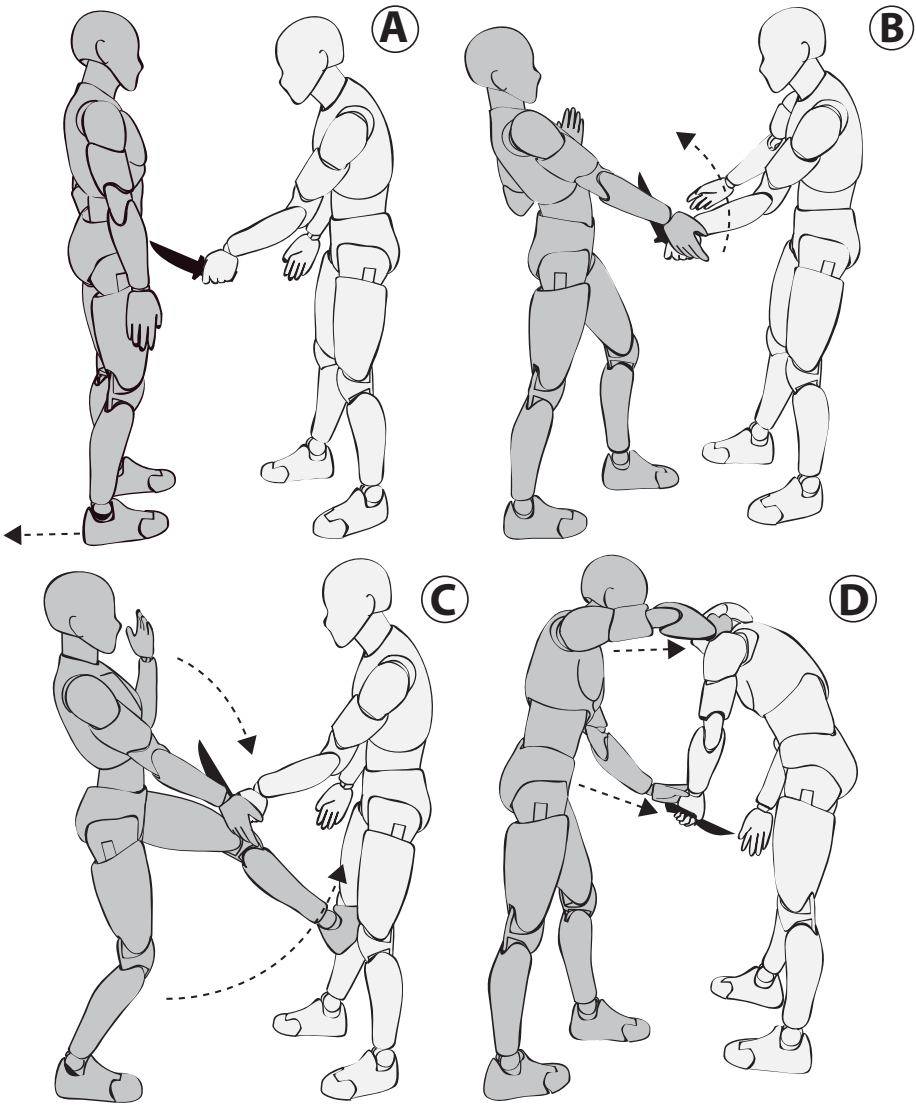




In this case, the knife is positioned on the right side of the neck and the opponent is holding the knife with the left hand (A). Just like the previous situation, the defense is also done with two simultaneous movements: back off and deflect. The left hand deflects the knife to the right and, at the same time, the body backs off to the left (B). In sequence, the left hand holds the opponent's arm to keep the knife away and the right hand throws Boxing Strikes attacks towards the opponent's face (C).

96 KNIFE THREAT

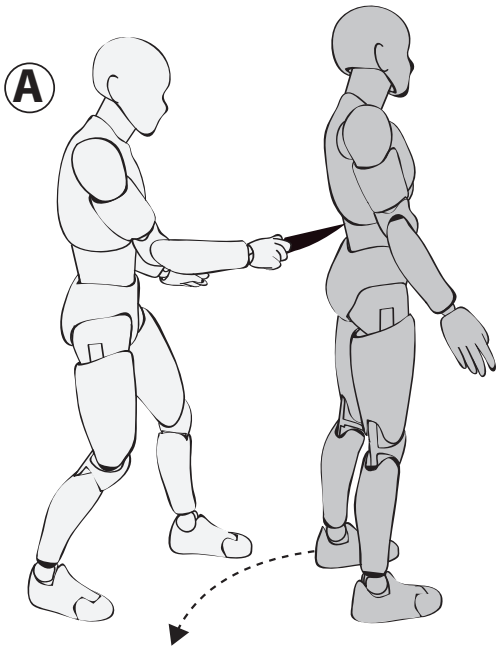
Frontal at Waist Level



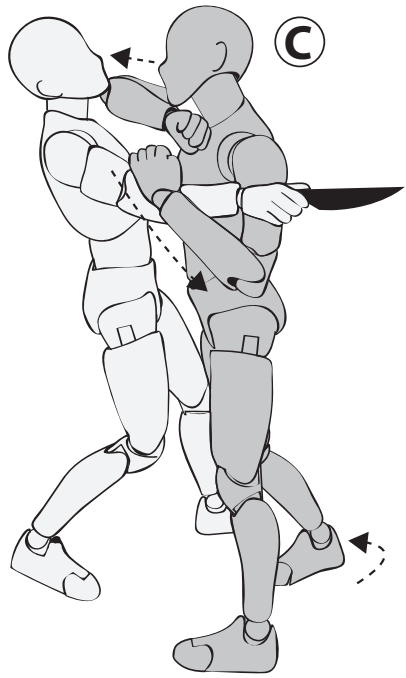
In this case, the knife is positioned to the front at waist level and the opponent is holding the knife with the left hand (A). The defense is also done with two simultaneous movements: Back off and deflect. The right hand deflects the knife to the left and, at the same time, the body backs off with a step back (B). After the deflection, a Regular Kick is thrown in the groin area (C). In sequence, the left hand holds the opponent's arm to keep the knife away, and the right hand throws Boxing Strikes attacks towards the opponent's face (D).

97 KNIFE THREAT

From Behind

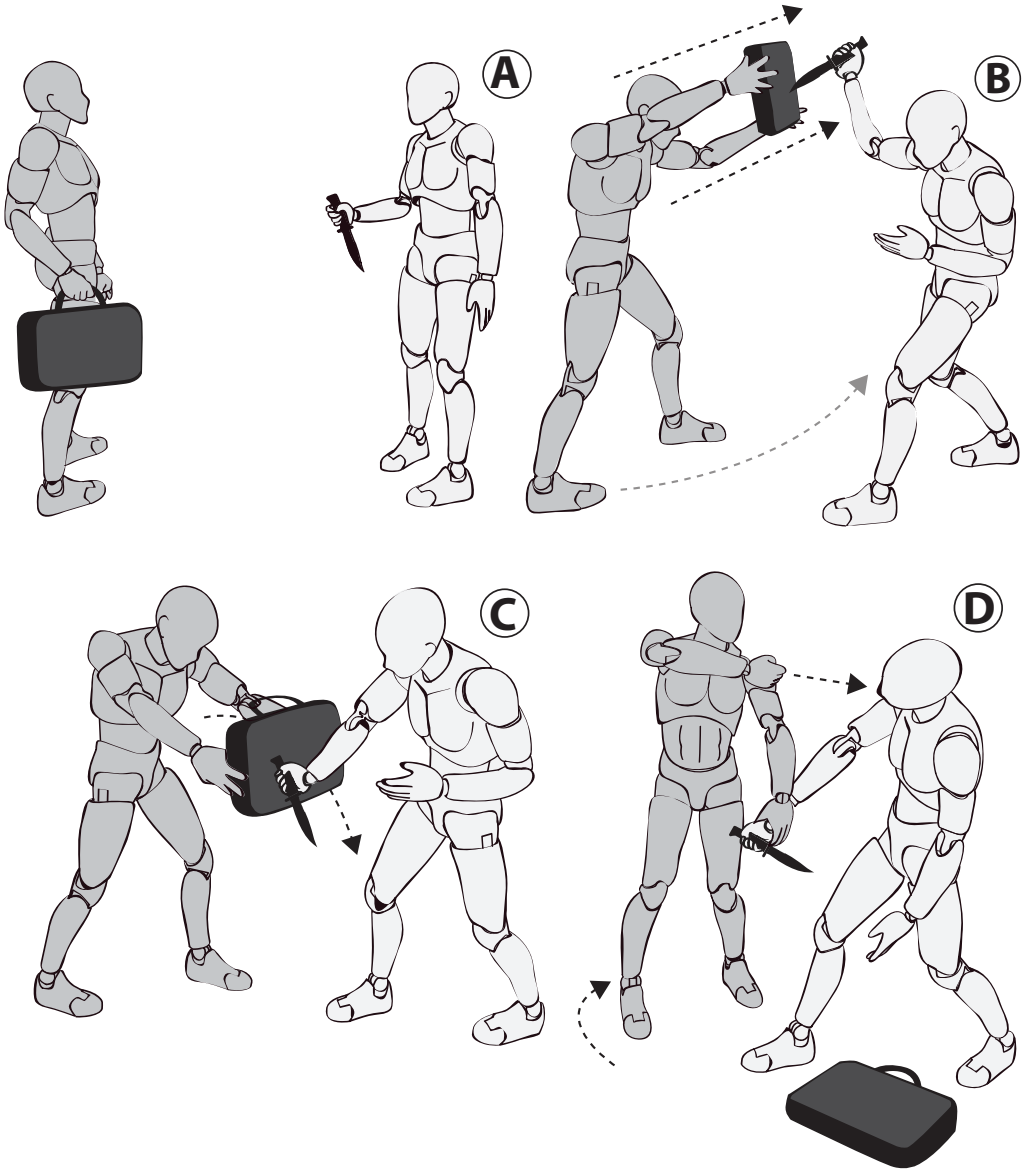


Here the knife is positioned on the back and, before doing any defensive movement, it is important to look subtly backwards to try to identify with which hand the opponent is threatening, - in this case, with the right one (A). The forearm deflects the knife outward and, at the same time, the body rotates, taking a step outward with the left leg and positions in front of the opponent (B). In sequence, the left hand goes up and holds the arm that has the knife and, at the same time, Elbow Strikes Forward attacks are thrown towards the opponent's face (C).



98 USING A COMMON OBJECT

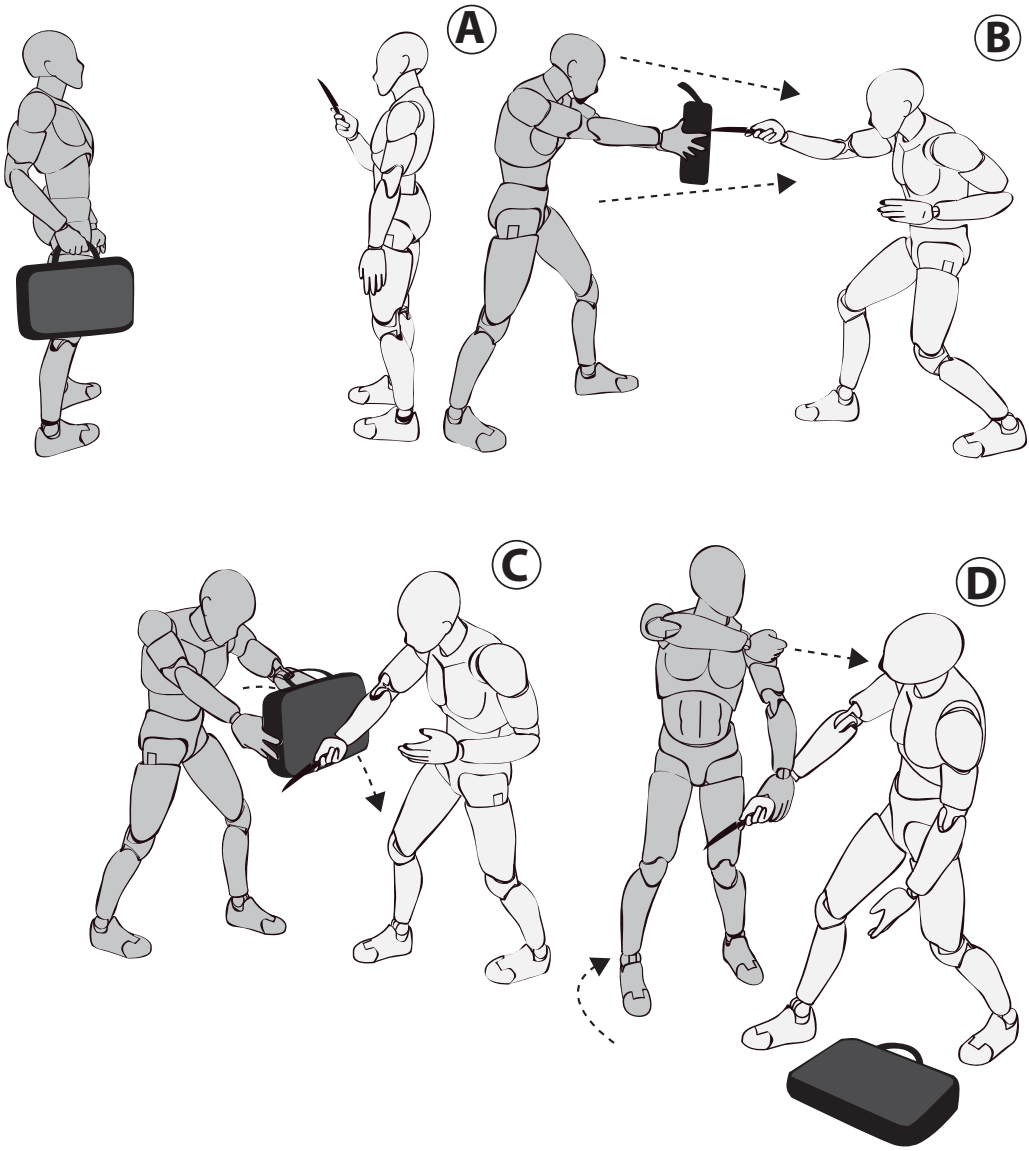
Defense Against an Upward Knife Attack



The suitcase, purse or backpack can be used as a shield for the Knife Attacks (A). To block the Knife Attack Upward, the body moves forward, taking the suitcase towards the knife. At the same time, in this case, it is also possible to throw a Regular Kick in the opponent's groin area (B). In sequence, the suitcase is used to deflect the knife (C). After the deflection, the suitcase must be released to continue the control of the arm that is holding the knife and Boxing Strikes attacks are thrown in the opponent's face (D).

99 USING A COMMON OBJECT

Defense Against Frontal Knife Attack

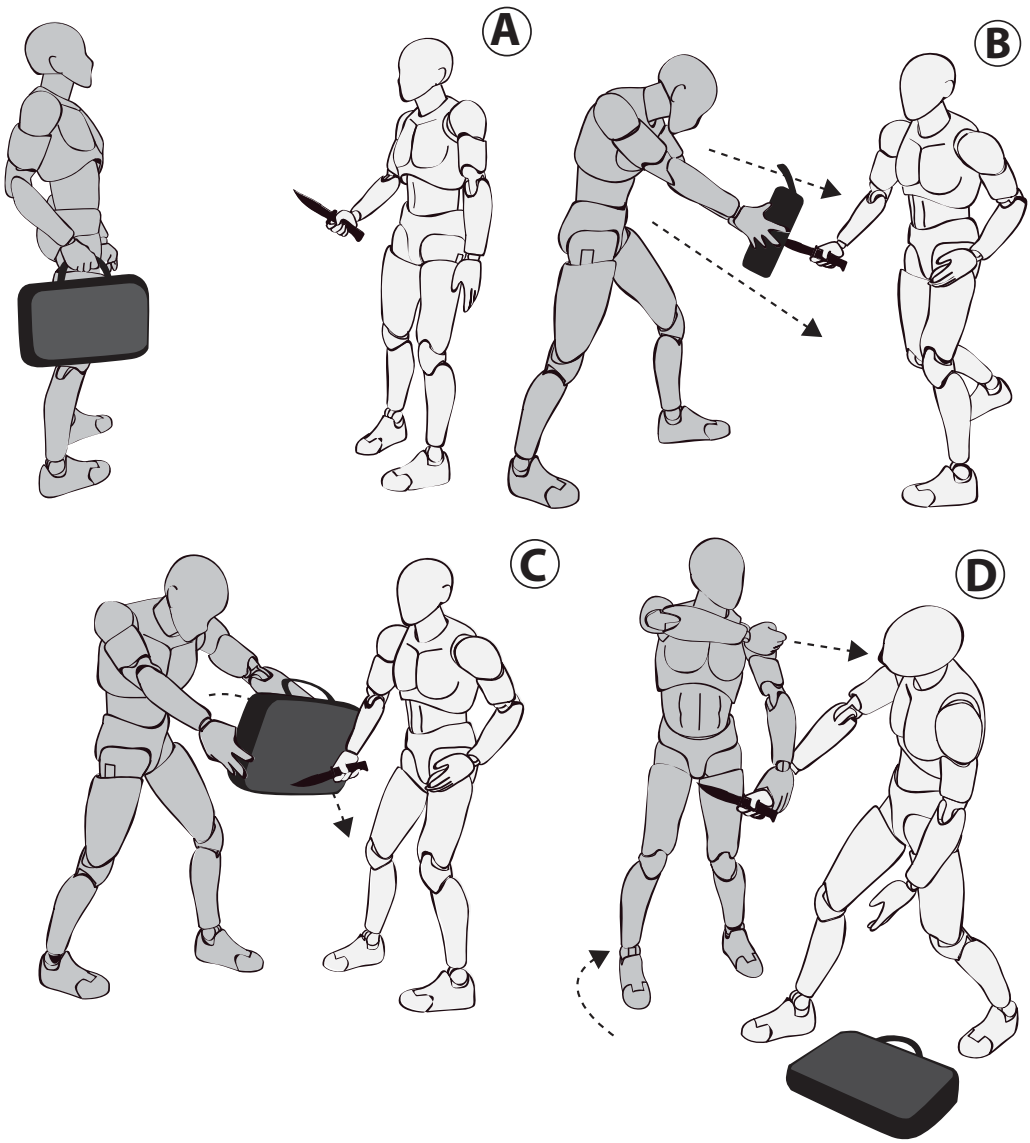


Here the opponent is holding the knife in the stab position (A). To block the attack, the body moves forward, transferring all the body weight to the suitcase towards the knife (B). In sequence, the suitcase is used to deflect the knife (C). After the deflection, the suitcase must be released to continue the control of the arm that is holding the knife and Boxing Strikes attacks are thrown in the opponent's face (D).

100

USING A COMMON OBJECT

Defense Against a Downwards Knife Attack



Here the opponent is holding the knife for a bottom-up attack (A). To block the attack, the body moves forward taking the suitcase downwards, towards the knife (B). In sequence, the suitcase is used to deflect the knife (C). After the deflection, the suitcase must be released to continue the control of the arm that is holding the knife and Boxing Strikes attacks are thrown in the opponent's face (D).

Never allow anyone's input to hinder your talent, or sway you away from following your dreams, passions, and ideas.

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Your brief Amazon review could really help.